

# Perceived Stress Scale- 10 Item

Instructions: The questions in this scale ask you about your feelings and thoughts during the last month. In each case, please indicate with a check how often you felt or thought a certain way.

**1. In the last month, how often have you been upset because of something that happened unexpectedly?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**2. In the last month, how often have you felt that you were unable to control the important things in your life?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**3. In the last month, how often have you felt nervous and "stressed"?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**4. In the last month, how often have you felt confident about your ability to handle your personal problems?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**5. In the last month, how often have you felt that things were going your way?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**6. In the last month, how often have you found that you could not cope with all the things that you had to do?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**7. In the last month, how often have you been able to control irritations in your life?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**8. In the last month, how often have you felt that you were on top of things?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**9. In the last month, how often have you been angered because of things that were outside of your control?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

**10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?**

\_\_\_0=never \_\_\_1=almost never \_\_\_2=sometimes \_\_\_3=fairly often \_\_\_4=very often

*This scale can be found in the following articles:*

Cohen, S., Kamarck, T., Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 385-396.

Cohen, S., & Williamson, G. (1988). Perceived stress in a probability sample of the United States. In S. Spacapan & S. Oskamp (Eds.), *The social psychology of health: Claremont Symposium on applied social psychology*. Newbury Park, CA: Sage.

## **Perceived Stress Scale Scoring**

PSS-10 scores are obtained by reversing the scores on the four positive items, e.g., 0=4, 1=3, 2=2, etc. and then summing across all 10 items. Items 4, 5, 7, and 8 are the positively stated items.

The PSS was designed for use with community samples with at least a junior high school education, the items are easy to understand and the response alternatives are simple to grasp. Moreover, as noted above, the questions are quite general in nature and hence relatively free of content specific to any sub population group. The data reported in the article are from somewhat restricted samples, in that they are younger, more educated and contain fewer minority members than the general population. In light of the generality of scale content and simplicity of language and response alternatives, we feel that data from representative samples of the general population would not differ significantly from those reported below.