

# Perceived Stress Scale

Name:

Date:

The Perceived Stress Scale can be used to determine a more precise measure of personal stress. The Perceived Stress Scale (PSS) is a well-known stress assessment tool. The tool is popular for assisting us in understanding how various situations affect our feelings and perceived stress. The questions on this scale ask about your feelings and thoughts over the previous month. In each situation, you will be asked how frequently you felt or thought a certain way.

For each question choose from the following alternatives:

0 - never

1 - almost never

2 - sometimes

3 - fairly often

4 - very often

## Questions

- \_\_\_\_\_ 1. In the last month, how often have you been upset because of something that happened unexpectedly?
- \_\_\_\_\_ 2. In the last month, how often have you felt that you were unable to control the important things in your life?
- \_\_\_\_\_ 3. In the last month, how often have you felt nervous and stressed?
- \_\_\_\_\_ 4. In the last month, how often have you felt confident about your ability to handle your personal problems?
- \_\_\_\_\_ 5. In the last month, how often have you felt that things were going your way?
- \_\_\_\_\_ 6. In the last month, how often have you found that you could not cope with all the things that you had to do?
- \_\_\_\_\_ 7. In the last month, how often have you been able to control irritations in your life?
- \_\_\_\_\_ 8. In the last month, how often have you felt that you were on top of things?
- \_\_\_\_\_ 9. In the last month, how often have you been angered because of things that happened that were outside of your control?
- \_\_\_\_\_ 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

## Calculating Your PSS Score

1. First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:

**0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0**

2. Add up your scores for each item to get a total. My total score is \_\_\_\_\_
3. Your individual score on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

**Scores ranging from 0-13 would be considered low stress.**

**Scores ranging from 14-26 would be considered moderate stress.**

**Scores ranging from 27-40 would be considered high perceived stress.**

***The results of the following self-assessment do not reflect any specific diagnosis or treatment plan. They are intended to be used as a tool to help you assess your level of stress. If you have any additional concerns about your current state of health, please seek the help of specialists.***