

Perceived Stress Scale (PSS) Scoring

The **Perceived Stress Scale (PSS)** is a widely used instrument in psychological settings to measure the perception of stress. It is a self-report tool that allows individuals to assess their own stress levels.

Perceived Stress Scale (PSS) Questions

In the last month, how often have you:	Never	Almost Never	Some-times	Fairly Often	Very Often
1. Been upset because of something that happened unexpectedly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Felt that you were unable to control the important things in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Felt nervous and stressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Felt confident about your ability to handle your personal problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Felt that things were going your way?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Found that you could not cope with all the things that you had to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Been able to control irritations in your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Felt that you were on top of things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Been angered because of things that happened that were outside of your control?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Felt difficulties were piling up so high that you could not overcome them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Scoring System

The PSS includes 10 items, with a specific scoring system:

For Items 1, 2, 3, 6, 9, and 10:

- **Never:** 0 points
- **Almost Never:** 1 point
- **Sometimes:** 2 points
- **Fairly Often:** 3 points
- **Very Often:** 4 points

For Items 4, 5, 7, and 8 (Reversed Scoring):

- **Never:** 4 points
- **Almost Never:** 3 points
- **Sometimes:** 2 points
- **Fairly Often:** 1 point
- **Very Often:** 0 points

Calculation of Scores

To determine the PSS score:

1. Sum the points awarded for all 10 items.
2. The total score ranges from **0 to 40**.

Interpretation of Scores

- **0-13 Points:** Low Stress
- **14-26 Points:** Moderate Stress
- **27-40 Points:** High Perceived Stress

Short-Version PSS

A short-version of the PSS can be used, comprising only questions 2, 4, 5, and 10. This version is beneficial for quick assessments but tends to have lower reliability estimates.

Notes:

Note for Healthcare Practitioners: The PSS is a valuable tool for identifying stress levels in patients, allowing for timely interventions and stress management strategies. However, it should be used as part of a broader assessment of an individual's psychological well-being.