

## Perceived Stress Scale

The questions in this scale ask you about your feelings and thoughts **during the last month**. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

**0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often**

1. In the last month, how often have you been upset because of something that happened unexpectedly?..... 0 1 2 3 4
2. In the last month, how often have you felt that you were unable to control the important things in your life?.....0 1 2 3 4
3. In the last month, how often have you felt nervous and “stressed”? .....0 1 2 3 4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?..... 0 1 2 3 4
5. In the last month, how often have you felt that things were going your way?.....0 1 2 3 4
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 1 2 3 4
7. In the last month, how often have you been able to control irritations in your life?.....0 1 2 3 4
8. In the last month, how often have you felt that you were on top of things?....0 1 2 3 4
9. In the last month, how often have you been angered because of things that were outside of your control? .....0 1 2 3 4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?.....0 1 2 3 4

## Scoring

Perceived Stress Scale scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items 4, 5, 7, & 8) and then summing across all scale items.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_ (RS)
5. \_\_\_\_\_ (RS)
6. \_\_\_\_\_
7. \_\_\_\_\_ (RS)
8. \_\_\_\_\_ (RS)
9. \_\_\_\_\_
10. \_\_\_\_\_

**Total Score:** \_\_\_\_\_

## Interpretation

Higher Perceived Stress Scale Scores are associated with higher levels of stress and indicate a greater likelihood for stress interfering with things like lifestyle changes (a person's efforts to quit smoking) and their ability to improve their shape. Higher scores are associated with an increase in a person's vulnerability to compromised health, especially if a big life stress (loss of a job, end of a relationship, death of a loved one, etc.) occurs in the near future. Higher scores are also associated with increased susceptibility to stress-induced illness.

<u>Total Score</u>	<u>Your Perceived Stress Level is:</u>	<u>Health Concern Level</u>
0-7	Much Lower than Average	Very Low
8-11	Slightly Lower than Average	Low
12-15	Average	Average
16-20	Slightly Higher than Average	High
21 and over	Much Higher than Average	Very High