



Perceived Stress Scale (PSS-10)

Instructions:

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 how often you felt or thought a certain way.

In the last month, how often have you...

		Never	Almost Never	Sometimes	Fairly Often	Very Often
1	been upset because of something that happened unexpectedly?	0	1	2	3	4
2	felt that you were unable to control the important things in your life?	0	1	2	3	4
3	felt nervous and "stressed"?	0	1	2	3	4
4	felt confident about your ability to handle your personal problems?	4	3	2	1	0
5	felt that things were going your way?	4	3	2	1	0
6	found that you could not cope with all the things that you had to do?	0	1	2	3	4
7	been able to control irritations in your life?	4	3	2	1	0
8	felt that you were on top of things?	4	3	2	1	0
9	been angered because of things that were outside of your control?	0	1	2	3	4
10	felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

Developer Reference:

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.