



Client Information

<i>Client Name</i>	Generic Client
<i>Date of birth (age)</i>	8 February 2001 (21)

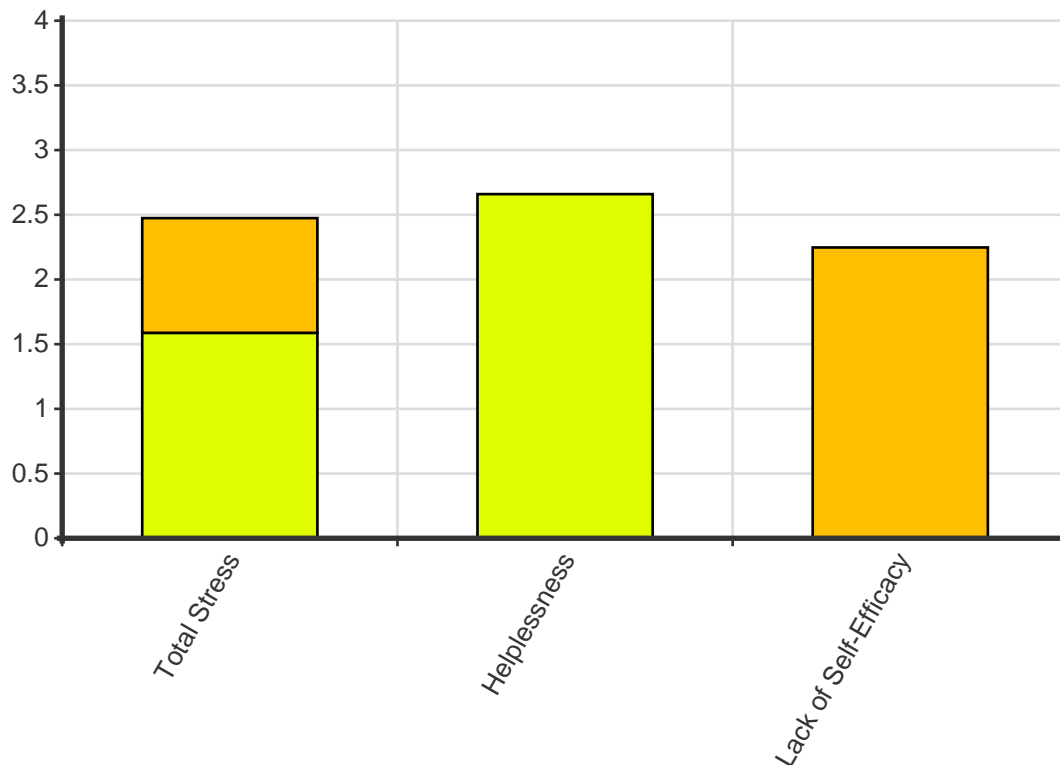
Assessment Information

<i>Assessment</i>	Perceived Stress Scale (PSS-10)
<i>Date administered</i>	18 February 2022
<i>Assessor</i>	Dr David Hegarty
<i>Time taken</i>	0 minutes 33 seconds

Results

	Raw Score	Percentile
Total Stress (0 to 40)	25	88.5
Perceived Helplessness (0 to 24)	16	N/A
Lack of Self-Efficacy (0 to 16)	9	N/A

Average Scores



Scoring and Interpretation Information

A total PSS-10 score from 0 to 40 is presented, with higher scores
--



Client Name	Generic Client
--------------------	----------------

Scoring and Interpretation Information (cont.)

representing higher levels of stress. Percentiles are also presented, comparing the results to a community sample (Cohen & Janicki-Deverts, 2012). A percentile of 50 indicates that an individual is experiencing an average level of stress when compared to other members of society. Average scores are also calculated by summing the scores divided by the number of items, and is a useful metric for ascertaining the general level of agreement on the likert scale (where 0 = Never and 4 = Very Often), as well as comparing sub-scale scores using a consistent metric.

- There are two subscales in the PSS-10:
1. Perceived helplessness (items 1, 2, 3, 6, 9, 10) - measuring an individual's feelings of a lack of control over their circumstances or their own emotions or reactions.
 2. Lack of self-efficacy (items 4, 5, 7, 8) - measuring an individual's perceived inability to handle problems.

Higher levels of psychological stress as measured by the PSS-10 have been associated with elevated markers of biological aging, higher cortisol levels, as well as suppressed immune function, greater infection-induced release of pro-inflammatory cytokines, greater susceptibility to infectious disease, slower wound healing, and higher prostate-specific antigen levels (Cohen & Janicki-Deverts, 2012). Persons who score higher on the PSS also report poorer health practices, such as sleeping fewer hours, skipping breakfast, and consuming greater quantities of alcohol (Cohen & Williamson, 1988).

Client Responses

		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



Client Name	Generic Client
--------------------	----------------

Client Responses (cont.)

		Never	Almost Never	Sometimes	Fairly Often	Very Often
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