

Measuring your stress: Perceived Stress Scale

The Perceived Stress Scale survey includes ten questions. The survey measures how people view situations in their life. The questions ask about your feelings and thoughts during THE PAST MONTH.

In each question, you are asked HOW OFTEN you felt or thought a certain way. Don't try to count up the exact number of times you felt a certain way, but choose the answer that in general seems the best.

When answering, focus on the categories of **Never**, **Almost Never**, **Sometimes**, **Fairly Often**, and **Very Often**. The gray numbers included in each block are for scoring the survey after you have answered the questions. After you score your answers, you will have a general idea of your current stress level.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
1. In the past month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
	Never	Almost Never	Sometimes	Fairly Often	Very Often
2. In the past month, how often have you felt unable to control the important things in your life?	0	1	2	3	4
	Never	Almost Never	Sometimes	Fairly Often	Very Often
3. In the past month, how often have you felt nervous or stressed?	0	1	2	3	4
	Never	Almost Never	Sometimes	Fairly Often	Very Often
4. In the past month, how often have you felt confident about your ability to handle personal problems?	4	3	2	1	0
	Never	Almost Never	Sometimes	Fairly Often	Very Often
5. In the past month, how often have you felt that things were going your way?	4	3	2	1	0

	Never	Almost Never	Sometimes	Fairly Often	Very Often
6. In the past month, how often have you found that you could not cope with all the things you had to do?	0	1	2	3	4
	Never	Almost Never	Sometimes	Fairly Often	Very Often
7. In the past month, how often have you been able to control irritations in your life?	4	3	2	1	0
	Never	Almost Never	Sometimes	Fairly Often	Very Often
8. In the past month, how often have you felt that you were on top of things?	4	3	2	1	0
	Never	Almost Never	Sometimes	Fairly Often	Very Often
9. In the past month, how often have you been angry because of things that happened that were outside of your control?	0	1	2	3	4
	Never	Almost Never	Sometimes	Fairly Often	Very Often
10. In the past month, how often have you felt that difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

Thank you for answering the questions included in the survey! Please see the next page for information on how to score your answers.

Scoring your answers to the PERCEIVED STRESS SCALE SURVEY

Now go back to each question and find the number associated with your answer (the number shown in gray in the block below the categories of Never, Almost Never, Sometimes, Fairly Often, and Very Often). Add the numbers up for all ten questions and will get your Perceived Stress Scale Survey score. Write your score in the space provided below:

Your Perceived Stress Level is _____

Scores around 13 are considered average. Scores of 20 or higher are considered high stress.

If you are in the high stress range, you may want to explore stress reduction techniques that you can use in your daily life. Some of these techniques are described in the folder labeled "General Approaches to Reducing Stress." The "Other Resources" folder includes links to other online resources that describe ways to reduce your stress.

If you feel overwhelmed by stress, you may want to seek a medical professional for assistance.

1. Based on the original work of Cohen S, Kamarck T, Memslstein R: A global measure of perceived stress. J Health Soc Beh 1983; 24:385-396.
2. Format adapted from <http://podcast.uctv.tv/webdocuments/COHEN-PERCEIVED-STRESS-Scale.pdf> .

