

Perceived Stress Scale (PSS-10)

Record ID

Date

Age

Gender

- ☐ Male
☐ Female

Other

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 = Never
☐ 1 = Almost Never
☐ 2 = Sometimes
☐ 3 = Fairly Often
☐ 4 = Very Often

2. In the last month, how often have you felt that you were unable to control the important things in your life?

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

3. In the last month, how often have you felt nervous and "stressed"?

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

4. In the last month, how often have you felt confident about your ability to handle your personal problems?

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

5. In the last month, how often have you felt that things were going your way?

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

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 = Never
☐ 1 = Almost Never
☐ 2 = Sometimes
☐ 3 = Fairly Often
☐ 4 = Very Often

7. In the last month, how often have you been able to control irritations in your life?

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

8. In the last month, how often have you felt that you were on top of things?

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

9. In the last month, how often have you been angered because of things that were outside of your control?

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

10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

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

Cohen, S., Kamarck, T, and Mermelstein, R. "A Global Measure of Perceived Stress." Journal of Healthand Social Behavior, Vo. 24, No. 4 (Dec.,1983), Appendix A.