

# 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.

Name \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_\_ Gender (*Circle*): **M F** 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 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**

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### References

The PSS Scale is reprinted with permission of the American Sociological Association, from Cohen, S., Kamarck, T., and Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 386-396.  
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