

Perceived Stress Scale (PSS)

<i>In the last month, how often:</i>	Never	Almost Never	Some- times	Fairly Often	Very Often
1. Have you been upset because of something that happened unexpectedly?	0	1	2	3	4
2. Have you felt that you were unable to control important things in your life?	0	1	2	3	4
3. Have you felt nervous and stressed?	0	1	2	3	4
4. Have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
5. Have you felt that things were going your way?	0	1	2	3	4
6. Have you found that you could not cope with all the things that you do?	0	1	2	3	4
7. Have you been able to control irritations in your life?	0	1	2	3	4
8. Have you felt that you were on top of things?	0	1	2	3	4
9. Have you been angered because of things that happened that were outside of your control?	0	1	2	3	4
10. Have you felt difficulties were piling up so high you could not overcome them?	0	1	2	3	4

Calculating Your PSS Score:

1. Reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this: 0 = 4, 1 = 3, 2 = 2, 3 = 1, and 4 = 0.
2. Now add up your scores for each item to get a total. My total score is: _____.
3. PSS scores can range from 0 to 40. Scores from 0 to 13 typically reflect **low stress**, scores from 14-26 typically reflect **moderate stress**, and scores from 27-40 typically reflect **high stress**.

Please note that this is a self-assessment and does not represent a diagnosis or course of treatment. It is just meant as a tool to help you assess your stress level.