SAProj\_PSSitems.sav

**South Africa Project Perceived Stress Scale Items Dataset Documentation**

South Africa Project Documentation – refer to information below, noting that the 10-item version of the PSS measure was used for the South Africa project. The data you have are for the first 10 items of the scale shown below.

Adherence Project Documentation - The 14-item Perceived Stress Scale (PSS) was used to measure participants’ levels of perceived stress. The PSS was designed to measure the degree to which situations in someone’s life are appraised as stressful with items designed to tap the degree to which respondents found their lives unpredictable, uncontrollable, and overloading. The PSS has been used in countless studies and has established reliability (Alpha’s .84 - .86) and test-retest reliability (r = .85). Concurrent validity has been established via correlations with life-event scores and predictive validity has established the PSS as a better predictor of depressive and physical symptomatology, utilization of health services, and social anxiety, than other stressful events inventories. A total score is created by first reverse scoring the positively worded questions (i.e., items 4, 5, 6, 7, 9, 10, 13 and then summing all items. Higher scores indicate more perceived stress. (BL, 24, 48)

1. Cohen, S., Kamarck, T., Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior, 24,* 385-396.

The following questions ask you about your **feelings and thoughts during the last week**. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer each question fairly quickly. That is, don’t try to count up the number of times you felt a particular way, but rather indicate the alternative that seems like a reasonable estimate.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 |
| never | almost never | sometimes | fairly often | very often |

|  |  |
| --- | --- |
| **Feelings and Thoughts**  **In the last week how often have you…** | **Rating** |
| 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) Dealt successfully with irritating life hassles? | 0 1 2 3 4 |
| 5) Felt that you were effectively coping with important changes that were occurring in your life? | 0 1 2 3 4 |
| 6) Felt confident about your ability to handle your personal problems? | 0 1 2 3 4 |
| 7) Felt that things were going your way? | 0 1 2 3 4 |
| 8) Found that you could not cope with all the things that you had to do? | 0 1 2 3 4 |
| 9) Been able to control irritations in your life? | 0 1 2 3 4 |
| 10) Felt that you were on top of things? | 0 1 2 3 4 |
| 11) Been angered because of things that happened that were outside of your control? | 0 1 2 3 4 |
| 12) Found yourself thinking about things that you have to accomplish? | 0 1 2 3 4 |
| 13) Been able to control the way you spend your time? | 0 1 2 3 4 |
| 14) Felt difficulties were piling up so high that you could not overcome them? | 0 1 2 3 4 |

**NOTE: Items 4, 5, 6, 7, 9, 10, and 13 are reverse scored.**