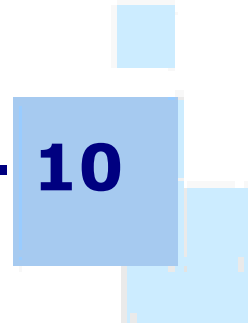


PSS-10

Perceived Stress Scale - 10 items Version 1.0



Scaling and Scoring Version 2.0: March 2023



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I. Scaling

The PSS - 10 is composed of 10 items investigating the same domain.

Domains	Number of Items	Item reversion*	Direction of Domains
Unidimensional	10	4, 5, 7 and 8	Higher score = Higher perceived stress

*item reversion: item follows the opposite direction of the domains

II. Scoring of Domains

		Sources:
Item scaling	5-point Likert-type Scale ranging from 0: "Never" to 4: "Very often"	Cohen et al., 1998
Weighting of items	No	Cohen et al., 1998
Range of scores	Total score range: 0-40	Cohen et al., 1998
Scoring Procedure	The raw score is calculated by reverse-scoring questions 4, 5, 7 and 8 and then adding scores of all 10 items together.	Cohen et al., 1998, Medvedev et al., 2019
Interpretation and Analysis of missing data	Acceptable if no more than 2 missing items. When items are missing, the score is calculated by determining the average score of the completed items (total score/number of completed items) and multiplying that average by 10.	From the author
Interpretation of multiple answers for one item	Consider items with multiple answers as missing.	From the author
Interpretation of scores	There are no breakdowns that apply across outcomes. For example, a specific range of scores might mean one thing for predicting depression (e.g., indicate high stress) and another for heart disease (e.g., indicate low stress).	From the author

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Reference(s):

Cohen S and Williamson GM (1988). Perceived stress in a probability sample of the United States. In S. Spacapan & S. Oskamp (Eds.), *The Social Psychology of Health*. Newbury Park, CA: Sage

Medvedev ON, Krägeloh CU, Hill EM, Billington R, Siegert RJ, Webster CS, Booth RJ, Henning MA. Rasch analysis of the Perceived Stress Scale: Transformation from an ordinal to a linear measure. *J Health Psychol*. 2019 Jul;24(8):1070-1081

And/Or information provided by the author