PERCEIVED STRESS SCALE IMPLEMENTATION

# Introduction

PSS or the Perceived Stress Scale is an approach to evaluate long term stress. It comes with a questionnaire containing 10 questions that allows the subject taking the test to reflect on situations that occurred in his life and grade it accordingly.

The Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. 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 fairly quickly. That is, don’t try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

The Questions in the PSS are:

1. In the last month, how often have you been upset because of something that happened unexpectedly?
2. In the last month, how often have you felt that you were unable to control the important things in your life?
3. In the last month, how often have you felt nervous and stressed?
4. In the last month, how often have you felt confident about your ability to handle your personal problems?
5. In the last month, how often have you felt that things were going your way?
6. In the last month, how often have you found that you could not cope with all the things that you had to do?
7. In the last month, how often have you been able to control irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things that happened that were outside of your control?
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Certain protocols have to be followed to determine the PSS score.

For each question choose from the following alternatives: 0 - never 1 - almost never 2 - sometimes 3 - fairly often 4 - very often

First, 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, 4 = 0.

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

► Scores ranging from 0-13 would be considered low stress.

► Scores ranging from 14-26 would be considered moderate stress.

► Scores ranging from 27-40 would be considered high perceived stress.

The Perceived Stress Scale is interesting and important because the perception of what is happening in one’s life is most important. The idea that two individuals could have the exact same events and experiences in their lives for the past month.

# **Tools Used**

* **Tkinter:** For the implementation of the GUI or the Graphical User Interface

# **Variable Description**

**ar:** The array used to record the response score from each of the questions in the PSS to its respective index.

**s:** To store the sum of the scores and finally eject the total score based on which the stress level of the person can be specified.

# **Function Definition**

**clicked:** This function appears across all the pages containing the questions. The purpose of this function is to assign the corresponding value of the answer as chosen by the subject to the position in the array.

# **Program Overview**

The program has been implemented by dividing it into classes. In other words, each frame visible on the monitor corresponds to a particular class. The classes are referenced based on the class names. The previous question and next question buttons at the lower part of the screen help to toggle between the frame and its previous and next frames. The person makes a choice based on the radiobutton they select. According the corresponding score is updated in the array. The final sum of elements in the array go on to indicate the state of stress in the person.