

Perceived Stress Scale - Weekly

The questions in this scale ask you about your feelings and thoughts **during the last week**. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often

1. In the last week, how often have you been upset because of something that happened unexpectedly? **0 1 2 3 4**

2. In the last week, 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 week, how often have you felt nervous and "stressed"? **0 1 2 3 4**

4. In the last week, how often have you felt confident about your ability to handle your personal problems? **0 1 2 3 4**

5. In the last week, how often have you felt that things were going your way?..... **0 1 2 3 4**

6. In the last week, 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 week, how often have you been able to control irritations in your life?..... **0 1 2 3 4**

8. In the last week, how often have you felt that you were on top of things?... **0 1 2 3 4**

9. In the last week, how often have you been angered because of things that were outside of your control? **0 1 2 3 4**

10. In the last week, how often have you felt difficulties were piling up so high that you could not overcome them?..... **0 1 2 3 4**

This version of the PSS has been modified for the CAMH HCW initiative, to inquire about the past week (not past month). 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.; Cohen, S. and Williamson, G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.) *The Social Psychology of Health*. Newbury Park, CA: Sage, 1988.

Figuring Your PSS Score

You can determine your PSS score by following these directions:

- First, reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this:
 $0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.$
- Now add up your scores for each item to get a total. My total score is _____.
- 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 your perception of what is happening in your life is most important. Consider the idea that two individuals could have the exact same events and experiences in their lives for the past month. Depending on their perception, total score could put one of those individuals in the low stress category and the total score could put the second person in the high stress category.

Disclaimer: The scores on the following self-assessment do not reflect any particular diagnosis or course of treatment. They are meant as a tool to help assess your level of stress. If you have any further concerns about your current well being, you may contact EAP and talk confidentially to one of our specialists.

State of New Hampshire
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