

Perceived Stress Scale (PSS) Scoring

The Perceived Stress Scale (PSS) is a widely used instrument in psychological settings to measure the perception of stress. It is a self-report tool that allows individuals to assess their own stress levels. In the last month, how often have you:

1. Been upset because of something that happened unexpectedly?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

2. Felt that you were unable to control the important things in your life?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

3. Felt nervous and stressed?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

4. Felt confident about your ability to handle your personal problems?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

5. Felt that things were going your way?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

6. Found that you could not cope with all the things that you had to do?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

7. Been able to control irritations in your life?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

8. Felt that you were on top of things?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

9. Been angered because of things that happened that were outside of your control?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often

10. Felt difficulties were piling up so high that you could not overcome them?

- ☐ Never
- ☐ Almost Never
- ☐ Sometimes
- ☐ Fairly Often
- ☐ Very Often