

*Perceived Stress Scale

Perceived Stress Scale

For each question choose from the following options:

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

In the last month, how often have you been upset because of something that happened unexpectedly? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you felt that you were unable to control the important things in your life? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you felt nervous and stressed? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you felt anxious or lacked the confidence in your ability to handle your personal problems? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you felt that things were not going your way? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you found that you could not cope with all the things that you had to do? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you been unable to control irritations in your life? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you felt that you were falling behind on things? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you been angered because of things that happened that were outside of your control? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? *

☐ 0- never
☐ 3- fairly often

☐ 1- almost never
☐ 4- very often

☐ 2- sometimes

Please Add up and List Your Total Score: *
