



# Perceived Stress Scale

The Perceived Stress Scale (PSS), created by the psychologist Dr. Sheldon Cohen, is the most widely used tool in scientific research for assessing the perception of stress. Your score on this test will help us determine how likely it is that mental and emotional stress are contributing to your condition.

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

Once you have answered the questions, please return this form to your practitioner so it can be scored and evaluated.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Gender (circle):** M F **Other:** \_\_\_\_\_

	0 = Never	1 = Almost Never	2 = Sometimes	3 = Fairly Often	4 = Very Often
1. In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
2. In the last month, 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 month, how often have you felt nervous and "stressed"?	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
5. In the last month, how often have you felt that things were going your way?	0	1	2	3	4
6. In the last month, 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 month, how often have you been able to control irritations in your life?	0	1	2	3	4
8. In the last month, how often have you felt that you were on top of things?	0	1	2	3	4



9. In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4