### Perceived Stress Scale - Children



### About this survey

The PSS-C is helpful for the early identification of children at risk of anxiety/stress. This is important because stress appears to result in increased vulnerability for poorer school outcomes and reduced home functional performance, as well as resulting in problems with overall health, mental health and body weight. An effective and efficient assessment for early identification of anxiety/stress in children assists in the development of appropriate interventions.

This survey contains dimensions known as "sub-scales" or domains: Overall Score, Stressors, Non Buffers .

1.1	In the last week, how often did you feel rushed or hurried?	
	A little	
	A lot	
	Never	
	Sometimes	
2.1	In the last week, how often did you have enough time to do what you wanted?	
	A little	
	A lot	
	Never	
	Sometimes	
3.1	In the last week, how often did you feel worried about being too busy?	
	A little	
	A lot	
	Never	
	Sometimes	
4.1	In the last week, how often did you feel worried about your grades or school?	
	A little	
	A lot	
	Never	
	Sometimes	

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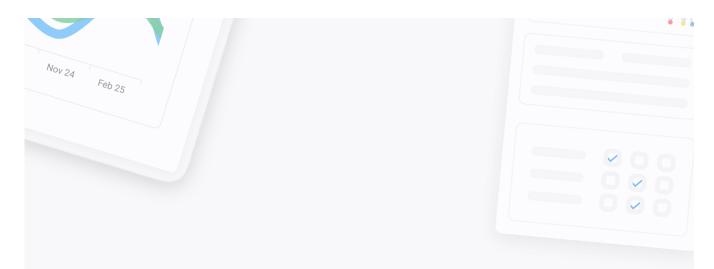


5.1	In the last week, how often did your parent(s)/carer(s) make you feel better?	
	A little	
	A lot	
	Never	
	Sometimes	
6.1	In the last week, how often did your parent(s)/carer(s) make you feel loved?	
	A little	
	A lot	
	Never	
	Sometimes	
7.1	In the last week, how often did you feel nervous?	
	A little	
	A lot	
	Never	
	Sometimes	
8.1	In the last week, how often did you feel angry?	
	A little	
	A lot	
	Never	
	Sometimes	
9.1	In the last week, how often did you feel happy?	
	A little	
	A lot	
	Never	
	Sometimes	

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10.1	In the last week, how often did you get enough sleep?	
	A little	
	A lot	
	Never	
	Sometimes	
11.1	In the last week, how often did you have fights with friends?	
	A little	
	A lot	
	Never	
	Sometimes	
12.1	In the last week, how often did you play with friends?	
	A little	
	A lot	
	Never	
	Sometimes	
13.1	In the last week, how often did you feel that you have enough friends?	
	A little	
	A lot	
	Never	
	Sometimes	





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