

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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