

Perceived Stress Scale

Please complete the survey below.

Lee (2012). Review of the psychometric evidence of the perceived stress scale

Thank you!

PMID: 25031113 <https://doi.org/10.1016/j.anr.2012.08.004>

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

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

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

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

In the last week, how often have you felt nervous and "stressed"?

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

In the last week, how often have you felt confident about your ability to handle your personal problems?

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

In the last week, how often have you felt that things were going your way?

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

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

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

In the last week, how often have you been able to control irritations in your life?

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

In the last week, how often have you felt that you were on top of things?

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

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

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

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

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