

Perceived Stress Scale

Please complete the survey below.

Thank you!

Cohen (1988). Perceived stress in a probability sample of the United States. In S. Spacapan & S. Oskamp (Eds.), The social psychology of health (pp. 31–67). Sage Publications, Inc.

PhenX Toolkit Link: <https://www.phenxtoolkit.org/protocols/view/180801>

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