

Psychological Stress Measure (PSM-25)

The PSM-25 (Psychological Stress Measure) is a self-report questionnaire designed to measure the overall level of stress experienced by an individual over the past week. It provides a quantitative measure of perceived psychological stress in adults in the general population or in clinical settings.

Number of questions	25 questions
Estimated duration	10 minutes
Language	English
Original name	Psychological Stress Measure
Target audience	Adults
Authors	Lémery Chatal, Letourneau, Ouellet (1990)
Category	Stress

Preview of the 25 questions

Thinking about the last 4 or 5 days:

I feel tense or wound up.

1 - Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 - Extremely

Thinking about the last 4 or 5 days:

My throat feels tight or my mouth is dry.

1 - Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 - Extremely

Thinking about the last 4 or 5 days:

I feel rushed for time; I don't have enough time.

1 - Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 - Extremely

Thinking about the last 4 or 5 days:

I tend to skip meals or forget to eat.

1 - Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 - Extremely

Thinking about the last 4 or 5 days:

I keep going over the same thoughts, I ruminate, my head is full.

1 - Not at all | 2 | 3 | 4 | 5 | 6 | 7 | 8 - Extremely

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

The 25 items are rated on a 4-point Likert scale (from "Never" to "Very often"). Raw scores are added up to obtain a total score that can be compared with clinical norms. The higher the total score, the higher the level of perceived stress.

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Laura V. - Online Psychologist