

Perceived Stress Scale (PSS)

The Perceived Stress Scale (PSS) is a psychological tool that assesses the level of stress perceived by an individual over the past month. It is used to detect how life situations are appraised as stressful, which can help with stress management and with monitoring therapeutic interventions.

Number of questions	10 questions
Estimated duration	2 minutes
Language	English
Original name	Perceived Stress Scale
Authors	Sheldon Cohen, Tom Kamarck, Robin Mermelstein (1983)
Category	Stress

Preview of the 10 questions

During the last month,

How often have you been shaken by an unexpected event?

Never | Almost never | Sometimes | Fairly often | Very often

During the last month,

How many times have you felt that you couldn't control the important things in your life?

Never | Almost never | Sometimes | Fairly often | Very often

During the last month,

How often have you felt nervous and stressed?

Never | Almost never | Sometimes | Fairly often | Very often

During the last month,

How often have you felt confident in your ability to deal with your personal problems?

Never | Almost never | Sometimes | Fairly often | Very often

During the last month,

How often have you felt that things were going the way you wanted?

Never | Almost never | Sometimes | Fairly often | Very often

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

Participants rate the extent to which they have experienced certain events as stressful on a Likert scale from 0 (never) to 4 (very often). Total scores are calculated by reversing the scores for questions 4, 5, 7 and 8 and adding up all the values.

Usage

This tool is not available on Mentaal. To access this questionnaire, please visit the website of the official distributor, Mapi Research Trust, and submit a request on ePROVIDE™

Go to ePROVIDE™ ›

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 Laura V. - Online Psychologist