

The questions in this scale ask you about your feelings and thoughts **during the last month**. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Never | 1 = Almost Never | 2 = Sometimes | 3 = Fairly Often | 4 = Very Often

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

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

3 In the last month, how often have you felt nervous and “stressed”?

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

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

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

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

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

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

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

Total PSS score =

The PSS consists of multiple choice questions. Items include choices on a 5-point scale. Items number 4, 5, 7, and 8 require reverse coding. To compute the total assessment score, sum all scale items. Total scores will range from 0 to 40.