

	Frequency of symptoms						
Symptoms	Almost all day, every day	Once or twice daily	Every night or day	2-3 times per week	Once a week	Once a month	Never
Headaches							
Tense muscles, sore neck and back							
Fatigue							
Anxiety, worry, phobias							
Difficulty falling asleep							
Irritability							
Insomnia							
Bouts of anger/hostility							
Boredom, depression							
Eating too much or too little							
Diarrhea, cramps, gas, constipation							
Restlessness, itching, tics							

How stressed do you really feel?

For each question choose from the following alternatives:

- 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?
- ___ 5. In the last month, how often have you felt that things were going your way?
- ___ 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?
- ___ 8. In the last month, how often have you felt that you were on top of things?
- ___ 9. In the last month, how often have you been angered because of things that happened 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?

Figuring your PSS score:

You can determine your PSS score by following these directions:

First, reverse your scores for questions 4, 5, 7, & 8. On these 4 questions, change the scores like this: 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

Now add up your scores for each item to get a total. My total score is _____.

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

Scores ranging from 0-13 would be considered low stress.

Scores ranging from 14-26 would be considered moderate stress.

Scores ranging from 27-40 would be considered high perceived stress.