

PERCEIVED STRESS SCALE (Modified – State Measure)

The following questions ask about your feelings right now. Although some of the questions are similar, there are small differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly.

For each statement, please tell me if you agree with the statements: Strongly disagree, disagree, neither agree nor disagree, agree, strongly agree.

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
B.1. I am upset because of something that happened unexpectedly	0	1	2	3	4
B.2. I am unable to control the important things in your life	0	1	2	3	4
B.3. I feel nervous and stressed	0	1	2	3	4
B.4. I feel confident about my ability to handle my personal problems	4	3	2	1	0
B.5. I feel that things are going my way.	4	3	2	1	0
B.6. I feel that I cannot cope with all of the things that I have to do	0	1	2	3	4
B.7. I am able to control the irritations in my life	4	3	2	1	0
B.8. I feel that I am on top of things	4	3	2	1	0
B.9. I am angry because of things that are outside my control	0	1	2	3	4
B.10. My difficulties are piling up so high that I cannot overcome them	0	1	2	3	4

Perceived Stress Scale Scoring

Each item is rated on a 5-point scale ranging from strongly disagree (0) to strongly agree (4). Positively worded items are reverse scored, and the ratings are summed, with **higher scores indicating more perceived stress.**

Max score 40