

Brief questionnaire on Perceived stress

Rate each item 0-4

- _____ 1. Upset because of something that happened unexpectedly
- _____ 2. Unable to control important things in your life
- _____ 3. Felt nervous and stressed
- _____ 4. Felt confident about your ability to handle your personal problems
- _____ 5. Felt that things were going your way
- _____ 6. Could not cope with all the things you had to do
- _____ 7. Able to control irritations in your life
- _____ 8. Felt that you were on top of things
- _____ 9. Angered because of things that happened that were outside of your control
- _____ 10. Felt difficulties were piling up so high that you could not overcome them.

Scoring: On negatively phrased questions (1,2,3,6,9,10) scoring is

never – 0, almost never -1, sometimes -2, fairly often -3, very often -4

For positively phrased (questions 4, 5, 7, 8);

never - 4, almost never - 3, sometimes- 2, fairly often - 1, and often -0