

## APPENDIX B:      The Perceived Stress Scale (Cohen, Kamarch, and Mermelstein, 1983)

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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 *how often* you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer each question fairly quickly. That is, don't try to count up the number of times you felt a particular way, but rather indicate the alternative that seems like a reasonable estimate.

For each question, choose from the following alternatives:

- 0. never
  - 1. almost never
  - 2. sometimes
  - 3. fairly often
  - 4. very often
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1. In the last month, how often have you been upset because of something that happened unexpectedly? Tick the box which applies.

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

3. In the last month, how often have you felt nervous and 'stressed'?

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

4. In the last month, how often have you dealt successfully with irritating life hassles?

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

5. In the last month, how often have you felt that you were effectively coping with important changes that were occurring in your life?

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

12. In the last month, how often have you found yourself thinking about things that you have to accomplish?

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

13. In the last month, how often have you been able to control the way you spend your time?

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	

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

0. never	
1. almost never	
2. sometimes	
3. fairly often	
4. very often	