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# A Validation study of the sense of coherence scale using two South African samples

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## 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 | |