

## Percieved Stress Scale

PSS - BSL  
August 2012

Baseline

ID# 

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1. In the last month, how often have you been upset because of something that happened unexpectedly?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
2. In the last month, how often have you felt that you were unable to control the important things in your life?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
3. In the last month, how often have you felt nervous and "stressed"?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
4. In the last month, how often have you dealt successfully with irritating life hassles?  
 Never    Almost Never    Sometimes    Fairly Often    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?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
6. In the last month, how often have you felt confident about your ability to handle your personal problems?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
7. In the last month, how often have you felt that things were going your way?  
 Never    Sometimes    Almost Never    Fairly Often    Very Often
8. In the last month, how often have you found you could not cope with all the things that you had to do?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
9. In the last month, how often have you been able to control irritations in your life?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
10. In the last month, how often have you felt that you were on top of things?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
11. In the last month, how often have you been angered because of things that happened that were outside of your control?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
12. In the last month, how often have you found yourself thinking about the things that you have to accomplish?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
13. In the last month, how often have you been able to control the way you spend your time?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often
14. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?  
 Never    Almost Never    Sometimes    Fairly Often    Very Often