

Perceived Stress Scale-10 (PSS-10)

Category: Stress | Items: 10 | Time: ~2 min

Description / When to Use

10-item measure of the degree to which situations are appraised as stressful.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

0 = Never | 1 = Almost never | 2 = Sometimes | 3 = Fairly often | 4 = Very often

Scoring Guide

Sum 4 reverse-scored and 6 non-reverse items scored 0-4. Total range 0-40. Higher = more stress.

Reverse-scored items: 4, 5, 7, 8

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-13	Low stress	None
14-26	Moderate stress	Consider coping strategies
27-40	High stress	Consider treatment

Psychometric Properties

Cronbach's alpha: 0.85 | Test-retest reliability: 0.77

Validity: Widely used across cultures and populations.

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Citation (APA Format)

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