

Perceived Stress Scale-14 (PSS-14)

Category: Stress | Items: 14 | Time: ~3 min

Description / When to Use

Original 14-item version of the Perceived Stress Scale.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 14 items in this scale. Estimated completion time: 3 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 7 reverse-scored and 7 non-reverse items scored 0-4. Total range 0-56.

Reverse-scored items: 1, 2, 3, 4, 5, 10, 11

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-18	Low stress	None
19-36	Moderate stress	Consider coping strategies
37-56	High stress	Consider treatment

Psychometric Properties

Cronbach's alpha: 0.87 | Test-retest reliability: 0.80

Validity: Good reliability and validity; longer but more comprehensive.

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Citation (APA Format)

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385-396.

DOI: 10.2307/2136404

URL: <https://pubmed.ncbi.nlm.nih.gov/6668417/>