

Perceived Stress Scale-4 (PSS-4)

Category: Stress | Items: 4 | Time: ~1 min

Description / When to Use

Ultra-brief 4-item version of PSS for large surveys.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 4 items in this scale. Estimated completion time: 1 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 2 reverse-scored and 2 non-reverse items scored 0-4. Total range 0-16.

Reverse-scored items: 1, 3

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-5	Low stress	None
6-10	Moderate stress	Monitor
11-16	High stress	Consider treatment

Psychometric Properties

Cronbach's alpha: 0.72 | Test-retest reliability: 0.70

Validity: Acceptable reliability for ultra-brief measure.

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Citation (APA Format)

Cohen, S., & Williamson, G. (1988). Perceived stress in a probability sample of the United States. In S. Spacapan & S. Oskamp (Eds.), *The Social Psychology of Health* (pp. 31-67). Sage.

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