

Student Stress Scale (SUS)

Category: Academic | Items: 30 | Time: ~5 min

Description / When to Use

30-item measure of stressful life events specific to college and university students.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 30 items in this scale. Estimated completion time: 5 minutes.

Scale Items

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

Response Options

1 = Strongly disagree | 2 = Disagree | 3 = Uncertain | 4 = Agree | 5 = Strongly agree

Scoring Guide

Count endorsed events weighted by severity. Total range 0-1000+. Higher scores = greater cumulative stress.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-150	Low stress	None
151-300	Moderate stress	Coping strategies
301+	High stress	Consider support

Psychometric Properties

Cronbach's alpha: 0.85 | Test-retest reliability: 0.80

Validity: Student-specific life event stress measure.

License

Free to use with citation

Citation (APA Format)

Feldt, R. C. (2008). Development of the Student Stress Scale. *Measurement and Evaluation in Counseling and Development*, 40(4), 178-186.

DOI: 10.1080/07481756.2008.11909817

URL: <https://journals.sagepub.com/doi/10.1080/07481756.2008.11909817>