# About the Measure

<table>
<thead>
<tr>
<th>Domain:</th>
<th>Psychosocial</th>
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<tbody>
<tr>
<td>Measure:</td>
<td>Perceived Stress</td>
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<tr>
<td>Definition:</td>
<td>This is a measure of the degree in a person assesses their life as stressful.</td>
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<tr>
<td>Purpose:</td>
<td>The Perceived Stress Scale (PSS) is a nonspecific stress appraisal. The results may be used to examine the association between stress and the etiology of disease or behavioral disorders. Perceived stress has been associated with cardiovascular disease morbidity and mortality and premature death. PSS has also been seen as relevant to health and illness behaviors (e.g., the use of formal health care).</td>
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# About the Protocol

<table>
<thead>
<tr>
<th>Description of Protocol:</th>
<th>This 10-item self-administered scale is used to measure an individual’s level of perceived stress in the past month. As a result, it measures only current (not chronic) levels of perceived stress.</th>
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<tr>
<td>Selection Rationale:</td>
<td>The Perceived Stress Scale (PSS) is the most widely used index of perceived stress. The scale has good reliability and validity and has been used in many settings.</td>
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<td>Specific Instructions:</td>
<td>The PSS is not a diagnostic instrument, there are no cut-offs for classification of responders into ‘high’, ‘medium’, or ‘low’ stress. It is generally used as an ordinal scale or count measure. Psychometric properties have not been collected on other time periods. The PSS was designed for use with community samples with at least a junior high school education. There are also 4 and 14 item versions of this scale available. The 10 item scale is recommended because it has been psychometrically tested, has been used in large population-based studies, and represents low respondent burden.</td>
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## Protocol text:

**Perceived Stress Scale**

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

0 = Never; 1 = Almost Never; 2 = Sometimes; 3 = Fairly Often; 4 = Very Often

1. In the last month, how often have you been upset because of something that happened unexpectedly?

0  [ ] Never
1. [ ] Almost Never
   2. [ ] Sometimes
   3. [ ] Fairly Often
   4. [ ] Very often

2. In the last month, how often have you felt that you were unable to control the important things in your life?
   0. [ ] Never
   1. [ ] Almost Never
   2. [ ] Sometimes
   3. [ ] Fairly Often
   4. [ ] Very often

3. In the last month, how often have you felt nervous and “stressed”?
   0. [ ] Never
   1. [ ] Almost Never
   2. [ ] Sometimes
   3. [ ] Fairly Often
   4. [ ] Very often

4. In the last month, how often have you felt confident about your ability to handle your personal problems?
   0. [ ] Never
   1. [ ] Almost Never
   2. [ ] Sometimes
   3. [ ] Fairly Often
   4. [ ] Very often

5. In the last month, how often have you felt that things were going your way?
   0. [ ] Never
   1. [ ] Almost Never
   2. [ ] Sometimes
   3. [ ] Fairly Often
   4. [ ] Very often

6. In the last month, how often have you found that you could not cope with all the things that you had to do?
   0. [ ] Never
   1. [ ] Almost Never
   2. [ ] Sometimes
   3. [ ] Fairly Often
   4. [ ] Very often

7. In the last month, how often have you been able to control irritations in your life?
   0. [ ] Never
   1. [ ] Almost Never
   2. [ ] Sometimes
   3. [ ] Fairly Often
   4. [ ] Very often
8. In the last month, how often have you felt that you were on top of things?
   - 0 [ ] Never
   - 1 [ ] Almost Never
   - 2 [ ] Sometimes
   - 3 [ ] Fairly Often
   - 4 [ ] Very often

9. In the last month, how often have you been angered because of things that were outside of your control?
   - 0 [ ] Never
   - 1 [ ] Almost Never
   - 2 [ ] Sometimes
   - 3 [ ] Fairly Often
   - 4 [ ] Very often

10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?
    - 0 [ ] Never
    - 1 [ ] Almost Never
    - 2 [ ] Sometimes
    - 3 [ ] Fairly Often
    - 4 [ ] Very often

**Scoring:**
Reverse scores (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0) for the 4 positive items and then sum up all 10 items. The positively stated items are numbers 4, 5, 7, and 8.

| Participant: | Ages 18+ years |
| Language of Source: | English |
| Personnel and Training Required: | None |
| Equipment Needs: | None |
| Protocol Type: | Interviewer-administered questionnaire and self-administered questionnaire |
### Requirements:

<table>
<thead>
<tr>
<th>Requirements category</th>
<th>Required (Yes/No)</th>
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<tbody>
<tr>
<td>Major equipment</td>
<td>No</td>
</tr>
<tr>
<td>Specialized training</td>
<td>No</td>
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<tr>
<td>Specialized requirements for biospecimen collection</td>
<td>No</td>
</tr>
<tr>
<td>Average time of greater than 15 minutes in an unaffected individual</td>
<td>No</td>
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</tbody>
</table>

### CDE:

To be completed by the PhenX team.

### General References:


