

PERCEIVED STRESS SCALE

The questions in the scale below ask 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.¹ This is an abbreviated version of the scale that has been adapted to focus on perceived work stress.

Your participation in answering the items below and sharing anonymously your aggregated score is completely voluntary and will not impact in anyway your participation in The Policy Academy for Innovative Employment Strategies (PAIES). Information shared will offer a sense of work related stress experienced by those in the room today and are directly related to the topic we are about to discuss. This sheet will not be collected.

Items	Never	Almost Never	Sometimes	Fairly Often	Very Often
2. In the last month, how often have you felt that you were <u>unable</u> to control the important things in your life at work?	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems at work?	4	3	2	1	0
5. In the last month, how often have you felt that things were going your way at work?	4	3	2	1	0
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

Aggregated Score: _____

Calculating your aggregated score. Add all numbers found in the circled responses to find the aggregated score. A higher score indicates greater perceived stress at work and a lower number indicates less perceived stress at work. If you would like to share your aggregated score, please take a sticker from the center of your table and place it on the scale located on the flip chart in the front of the room.

¹ Cohen, S., Kamarack, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 386-396. Access to this instrument is provided via Mind Garden, Inc. The instrument was retrieved from: <http://www.ucdenver.edu/academics/colleges/medicalschoo/departments/Anesthesiology/Wellness/Documents/PerceivedStressScale.pdf>.