

Perceived Stress Scale (PSS)

Description

Perceived Stress Scale (PSS) is a self-reported instrument with 10 items, which is widely used psychological instrument for measuring the degree to which situations in one's life are appraised as stressful (Cohen et al, 1983). This data set includes PSS score.

Study Sample

223 participants

Data Collection Methods

PSS instrument was administered on the second clinic evaluation day. The scores were derived from the raw responses later.

Reference

Cohen S, Kamarck T, Mermelstein R: A global measure of perceived stress. *J Health Soc Beh* 1983; 24:385-396.