

MODIFIED COHEN PERCEIVED STRESS QUESTIONNAIRE

HOW STRESSED ARE YOU?

THE QUESTIONS	NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
In the past month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
In the past month, how often have you felt unable to control the important things in your life?	0	1	2	3	4
In the past month, how often have you felt nervous or stressed?	0	1	2	3	4
In the past month, how often have you felt confident about your ability to handle personal problems?	4	3	2	1	0
In the past month, how often have you felt that things were going your way?	4	3	2	1	0
In the past month, how often have you found that you could not cope with all the things you had to do?	0	1	2	3	4
In the past month, how often have you been able to control irritations in your life?	4	3	2	1	0
In the past month, how often have you felt that you were on top of things?	4	3	2	1	0
In the past month, how often have you felt you were constantly tired?	0	1	2	3	4
In the past month, how often have you felt that difficulties were piling up so high that you could not overcome them?	0	1	2	3	4
Total each column					
Add the 5 columns for your Total Stress Score					

Under 13 = low/normal stress

4-19 = moderate stress

Above 20 = high stress