

The National Prevention Toolkit on Officer-Involved Domestic Violence

SELF-TEST: STRESS

Perceived Stress Scale

For each question choose from the following alternatives:	Never	Almost Never	Sometimes	Fairly Often	Extremely Often
1. In the last month, how often have you been upset because of something that happened unexpectedly?	1	2	3	4	5
2. In the last month, how often have you felt that you were unable to control the important things in your life?	1	2	3	4	5
3. In the last month, how often have you felt nervous and stressed?	1	2	3	4	5
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	5	4	3	2	1
5. In the last month, how often have you felt that things were going your way?	5	4	3	2	1
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	1	2	3	4	5
7. In the last month, how often have you been able to control irritations in your life?	5	4	3	2	1
8. In the last month, how often have you felt that you were on top of things?	5	4	3	2	1
9. In the last month, how often have you been angered because things happened that were outside of your control?	1	2	3	4	5
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	1	2	3	4	5

Please continue to the next page for scoring

SELF-TEST: STRESS (Continued)

SCORING

To score this tool, add up your responses to the 10 items.

SCORE: _____

The higher you score, the greater the chance that you may be suffering from stress. Scores ranging from 0-13 are considered low stress. Scores ranging from 14-26 are considered moderate stress. Scores ranging from 27-50 are considered high stress.

This tool is not meant to diagnose stress, only to give you a way to assess whether or not you might need to seek further assessment or treatment.

Because this scale only describes stress in the past month, officers should take regular self-assessments to monitor their stress levels.

If you have questions or would like further evaluation, please contact your Employment Assistance Program (EAP), physician, or a mental health professional.

Cohen, S., Kamarck, T., Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 385-396.



<http://nationaltoolkit.csw.fsu.edu>