**PERCEIVED STRESS SCALE**

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

1. In the last month, how often have you felt that you were unable to control the important things in your life?

0 1 2 3 4

1. In the last month, how often have you felt confident about your ability to handle your personal problems?

0 1 2 3 4

1. In the last month, how often have you felt that things were going your way?

0 1 2 3 4

4. 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

References :

*Perceived Stress Scale, Sheldon Cohen (1994), (http ://www.mindgarden.com/docs/PerceivedStressScale.pdf )*