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Perceived Stress Scale - Self-Assessment

Experiment 1 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To complete and interpret the institution-provided Perceived Stress Scale appropriately.

Principle

The PSS assesses how stressful a person perceives situations to have been during its stated recall period. It is a self-report measure, not a diagnosis. The version, official wording and scoring must match.

Requirements

- The authorised PSS-10 supplied by the institution, with the required permission for its use.
- Private scoring sheet and optional qualified discussion/support arrangement.

Procedure

1. Confirm version

Record that the form is PSS-10 and read its official instructions, including the past-month recall period. The questionnaire items are not reproduced in these notes.

2. Complete privately

Answer the official form honestly using its specified response choices. Do not let a peer choose answers or require disclosure of a score.

3. Check responses

Confirm that every required item has a valid response. Handle missing answers only according to the authorised scoring instructions.

4. Reverse score

For the standard PSS-10, reverse items 4, 5, 7 and 8 using 0↔4, 1↔3 and 2 unchanged.

5. Sum

Add all ten scored responses for a possible total of 0-40. Retain the exact version and date.

6. Reflect

Discuss perceived stress and practical support needs if desired. Do not apply unofficial low/medium/high cutoffs or label a disorder from the total.

Mental Well-Being Stress and Conflict Management

Observations and Record

Record	Private entry
Version / date / recall period	_____
Completed form / scoring checked	_____
Optional total / reflection	_____
Chosen practical support step	_____

Worked Example

The numbers below are illustrative; enter your own observations in the record.

- If a positively phrased item requiring reversal has a raw response of 1, its scored value is 3. A total of 18 is simply a PSS-10 total; it does not by itself diagnose a condition.

Result

Record completion, what you noticed and one practical next step. Personal reflections remain private unless you choose to share them; these classroom activities do not establish a diagnosis.

Precautions

- Participation and sharing of personal experiences are voluntary. Use a fictional example when preferred and keep others' information confidential.
- Stop or adapt an exercise that causes discomfort. Persistent or severe distress should be discussed with the appropriate qualified support service.
- Describe personal observations without claiming that one short exercise treats or cures a mental-health condition.
- Obtain the official form through the institution's authorised process; this worksheet does not replace its wording or permission requirements.

Viva Questions and Answers**1. What is the standard PSS-10 recall period?**

The past month.

2. Which items are reversed?

Items 4, 5, 7 and 8 in the standard PSS-10.

3. Is a score a clinical diagnosis?

No. Interpretation needs context and appropriate professional judgement.

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