

Perceived Stress Scale – Children

Here are some statements or descriptions about how you might have been feeling or thinking about things over the last week. Please put a tick underneath the answer which best describes your thoughts or feelings. There are no right or wrong answers!

Statements: 'In the last week...'	Never	A little	Sometimes	A lot
...how often did you feel rushed or hurried?				
...how often did you have enough time to do what you wanted?				
...how often did you feel worried about being too busy?				
...how often did you feel worried about your grades or school?				
...how often did your parent(s)/carer(s) make you feel better?				
...how often did your parent(s)/carer(s) make you feel loved?				
...how often did you feel nervous?				
...how often did you feel angry?				
...how often did you feel happy?				
...how often did you get enough sleep?				
...how often did you have fights with friends?				
...how often did you play with friends?				
...how often did you feel that you have enough friends?				

Thank you for completing this survey and for your honesty!