



The Perceived Stress Scale - Children (PSS-C)

// The PSS-C is helpful for the early identification of children at risk of anxiety/stress. This is important because stress appears to result in increased vulnerability for poorer school outcomes and reduced home functional performance, as well as resulting in problems with overall health, mental health and body weight. An effective and efficient assessment for early identification of anxiety/stress in children assists in the development of appropriate interventions.

Created by The University of New Hampshire



Category

Perceived Stress



Sub Scales

Mental Health & Wellbeing



Age Range

Key Stage 1

Key Stage 2

Interested in running this survey online, with instant reports? Contact...

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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!** 😊