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PSQ30 English:

PSQ Perceived Stress Questionnaire

Fliege, H., Rose, M., Arck, P., Levenstein, S. & Klapp, B. F. (2009)

Fliege, H., Rose, M., Arck, P., Levenstein, S. & Klapp, B. F. (2009). PSQ. Perceived Stress Questionnaire [Verfahrensdokumentation, Skalenberechnung PSQ20 und PSQ30, PSQ20 auf Deutsch, Englisch, Deutsch (letzte 2 Jahre), PSQ30 auf Deutsch, Englisch, Französisch, Italienisch, Italienisch (letzter Monat) und Spanisch]. In Leibniz-Institut für Psychologie (ZPID) (Hrsg.), Open Test Archive. Trier: ZPID.
<http://doi.org/10.23668/psycharchives.12937>

All information and materials about the measure can be found at:
<https://www.testarchiv.eu/en/test/9004426>

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For each sentence, circle the number that describes how often it applies to you in general, during the last year or two. Work quickly, without bothering to check your answers, and be careful to describe your life in the long run.

	Almost never 1	Some- times 2	Often 3	Usually 4
01 You feel rested				
02 You feel that too many demands are being made on you				
03 You are irritable or grouchy				
04 You have too many things to do				
05 You feel lonely or isolated				
06 You find yourself in situations of conflict				
07 You feel you're doing things you really like				
08 You feel tired				
09 You fear you may not manage to attain your goals				
10 You feel calm				
11 You have too many decisions to make				
12 You feel frustrated				
13 You are full of energy				
14 You feel tense				
15 Your problems seem to be piling up				
16 You feel you're in a hurry				
17 You feel safe and protected				
18 You have many worries				
19 You are under pressure from other people				
20 You feel discouraged				
21 You enjoy yourself				
22 You are afraid for the future				

23	You feel you're doing things because you have to not because you want to				
24	You feel criticized or judged				
25	You are lighthearted				
26	You feel mentally exhausted				
27	You have trouble relaxing				
28	You feel loaded down with responsibility				
29	You have enough time for yourself				
30	You feel under pressure from deadlines				

Instruction for the "recent" questionnaire

For each sentence, circle the number that describes how often it applies to you during the last month (in the currently used German version it is "during the last 4 weeks). Work quickly, without bothering to check your answers, and be careful to consider only the last month.

Score 5 minus circled number for items 1, 7, 10, 13, 17, 21, 25, 29

Score circled number for all other items

See German version for transformation to values between 0 and 1