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PSQ20 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>

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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, mark the number that describes how often it applies to you during the last 4 weeks. There are no right or wrong answers. Please work quickly, without bothering to check your answers, and do not skip any question.

		Almost never 1	Some- times 2	Often 3	Usually 4
01	You feel rested	01			
02	You feel that too many demands are being made on you	02			
03	You have too many things to do	04			
04	You feel you're doing things you really like	07			
05	You fear you may not manage to attain your goals	09			
06	You feel calm	10			
07	You feel frustrated	12			
08	You are full of energy	13			
09	You feel tense	14			
10	Your problems seem to be piling up	15			
11	You feel you're in a hurry	16			
12	You feel safe and protected	17			
13	You have many worries	18			
14	You enjoy yourself	21			
15	You are afraid for the future	22			
16	You are lighthearted	25			
17	You feel mentally exhausted	26			
18	You have trouble relaxing	27			
19	You have enough time for yourself	29			
20	You feel under pressure from deadlines	30			