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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				