



# Stress scale for students

Lina Bartkiene

# The stress scales

Author	Title of the scale
Holmes and Rahe (1967)	Social readjustment rating scale
Cohen et al. (1983)	Perceived Stress Scale (PSS)
Fontana (1989)	Professional life Stress Scale (PLSS)
Lovibond and Lovibond (1995)	Depression Anxiety Stress Scale (DASS)
Zigmond and Snaith (1983)	Hospital anxiety and depression scale
Cohran and Ganong (1989)	Intensive care unit environmental stressor scale (ICUESS)
Bar-On (1997)	Emotional Quotient Inventory (EQ-i)

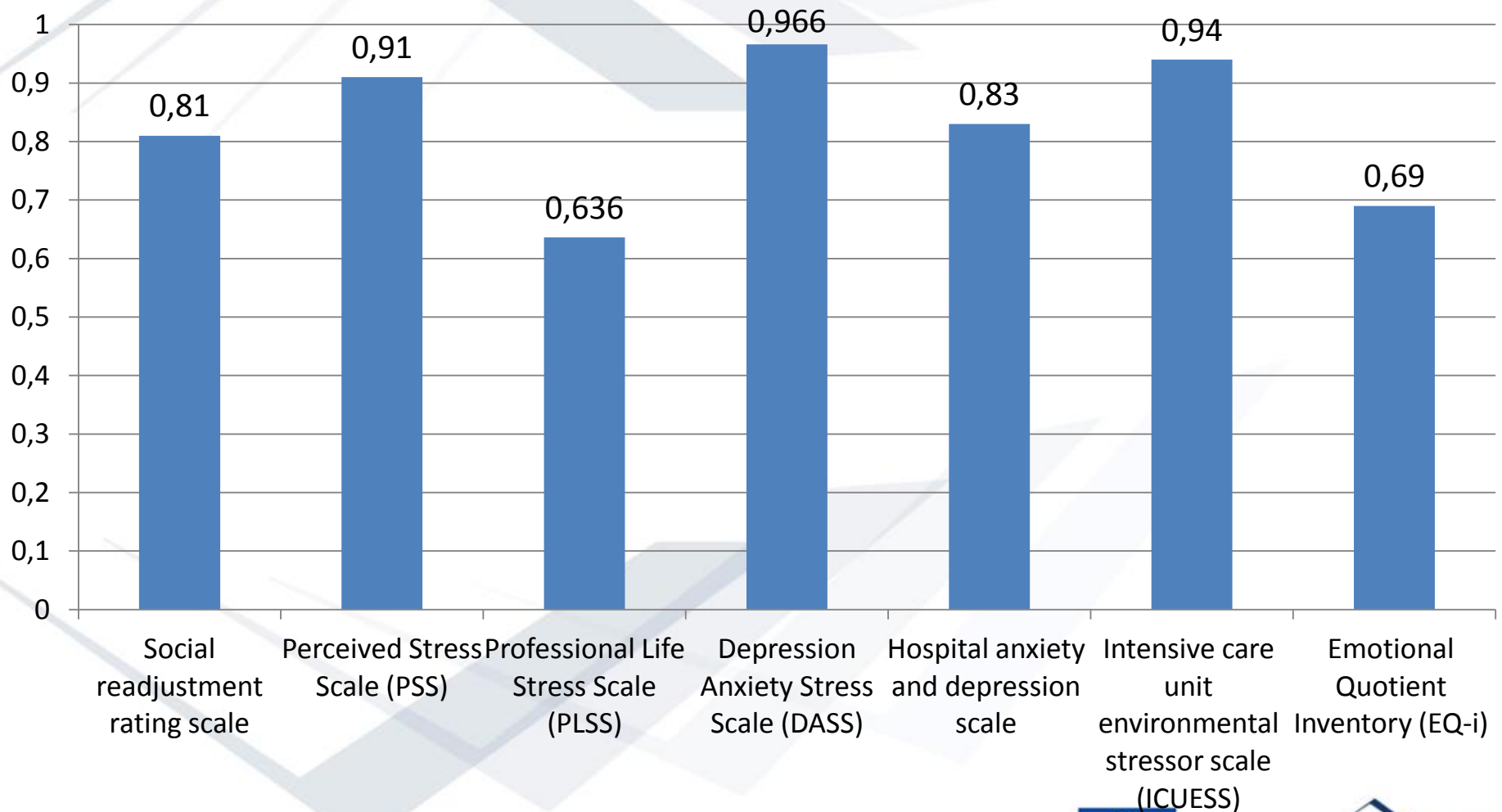


# Validity of the scales for students

Title of the scale	Cronbach's alfa
Holmes and Rahe Stress Scale or „Social readjustment rating scale“	0,81 (Salinero-Fort et al. (2011))
Perceived Stress Scale (PSS)	0,75-0,91 (Siqueira Reis et al. (2010))
Professional Life Stress Scale (PLSS)	0.636 (Nasee and Ahme (2013))
Depression Anxiety Stress Scale (DASS)	For stress 0,966 (Crawford & Henr 2003)
Hospital Anxiety and Depression scale	0,83 (Bjelland et al. 2002)
Intensive Care Unit Environmental Stressor Scale (ICUESS)	0,94 (Rosa et al. 2010)
Emotional Quotient Inventory (EQ-i)	0,69 (Cobb 2004)

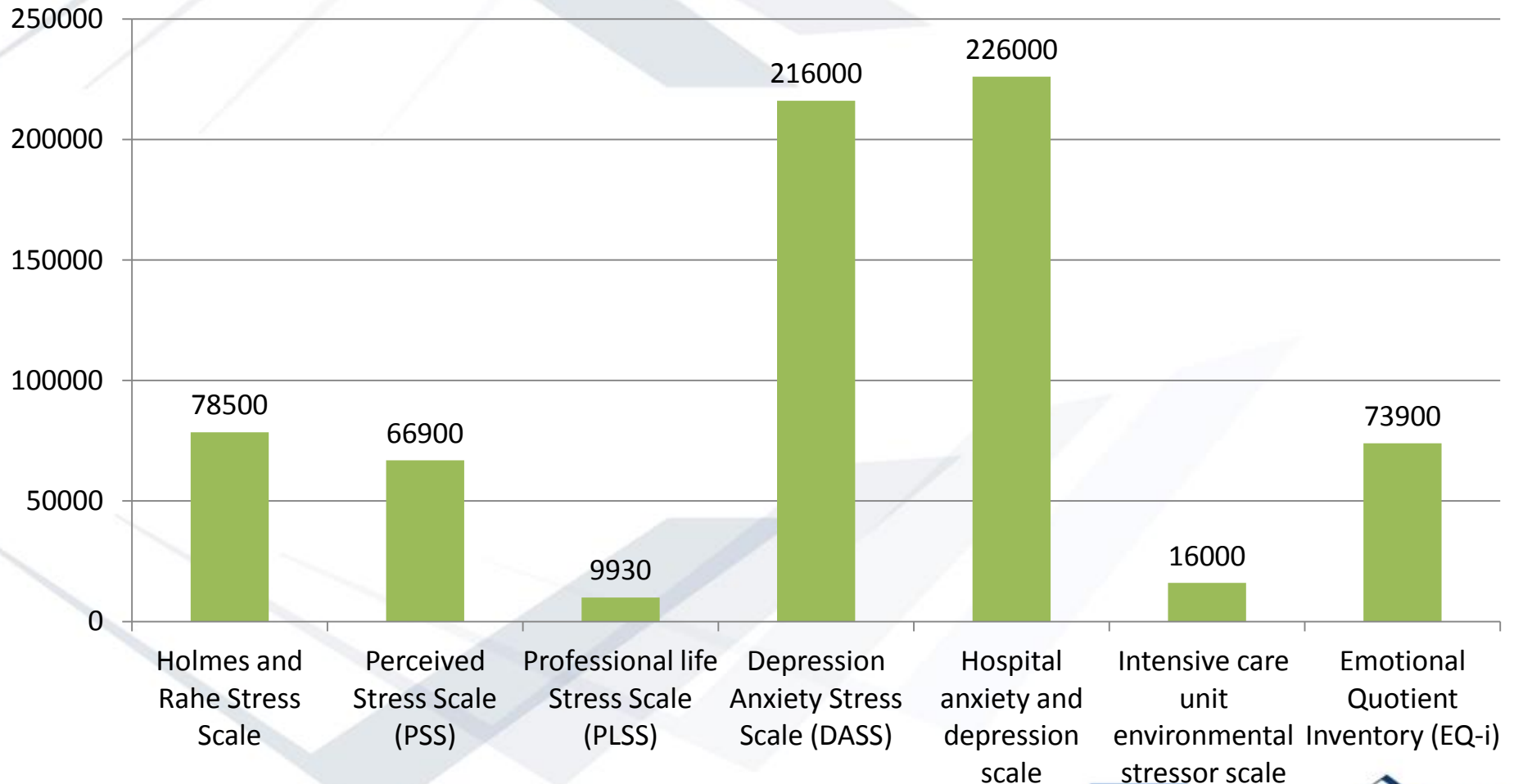


# Reliability of the scale



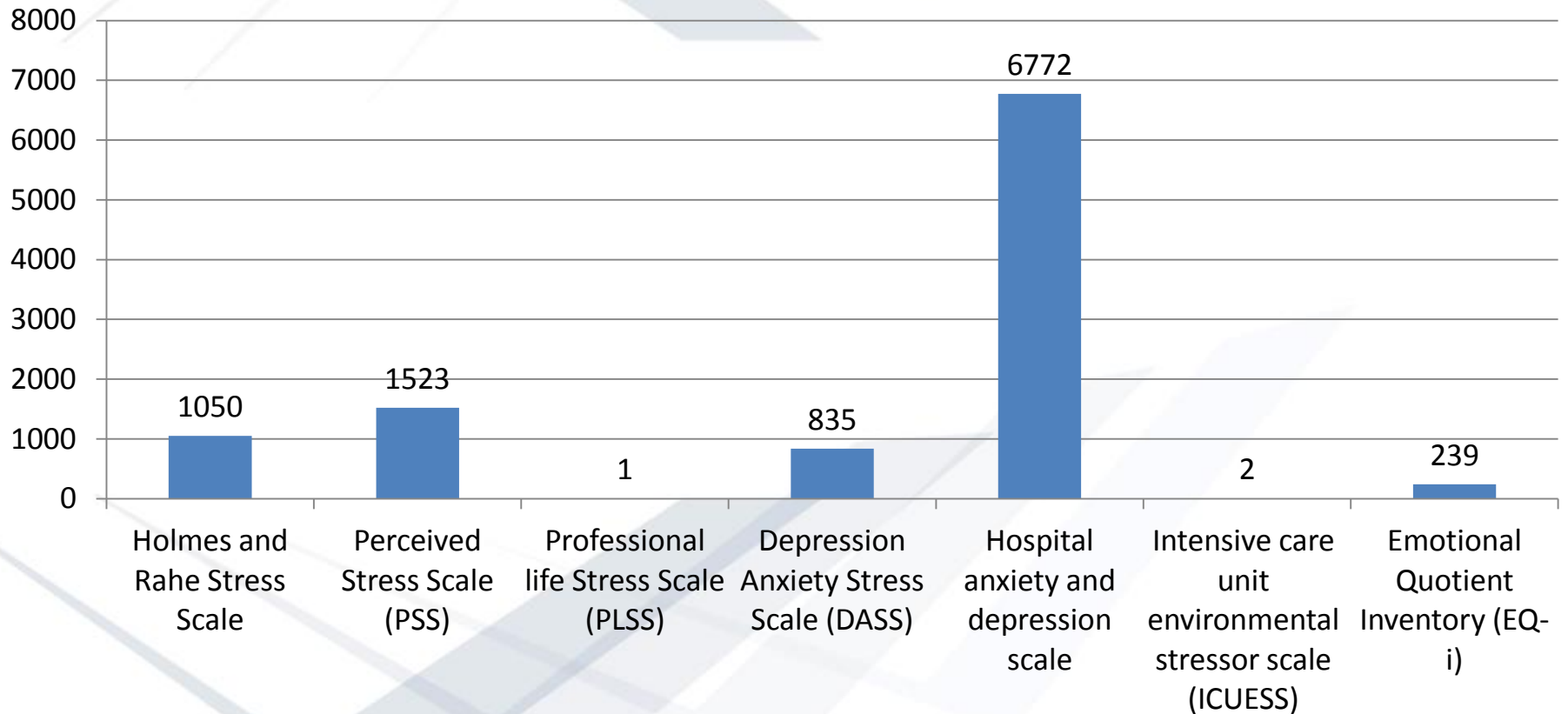
# Popularity of stress scales (1)

in Google.com

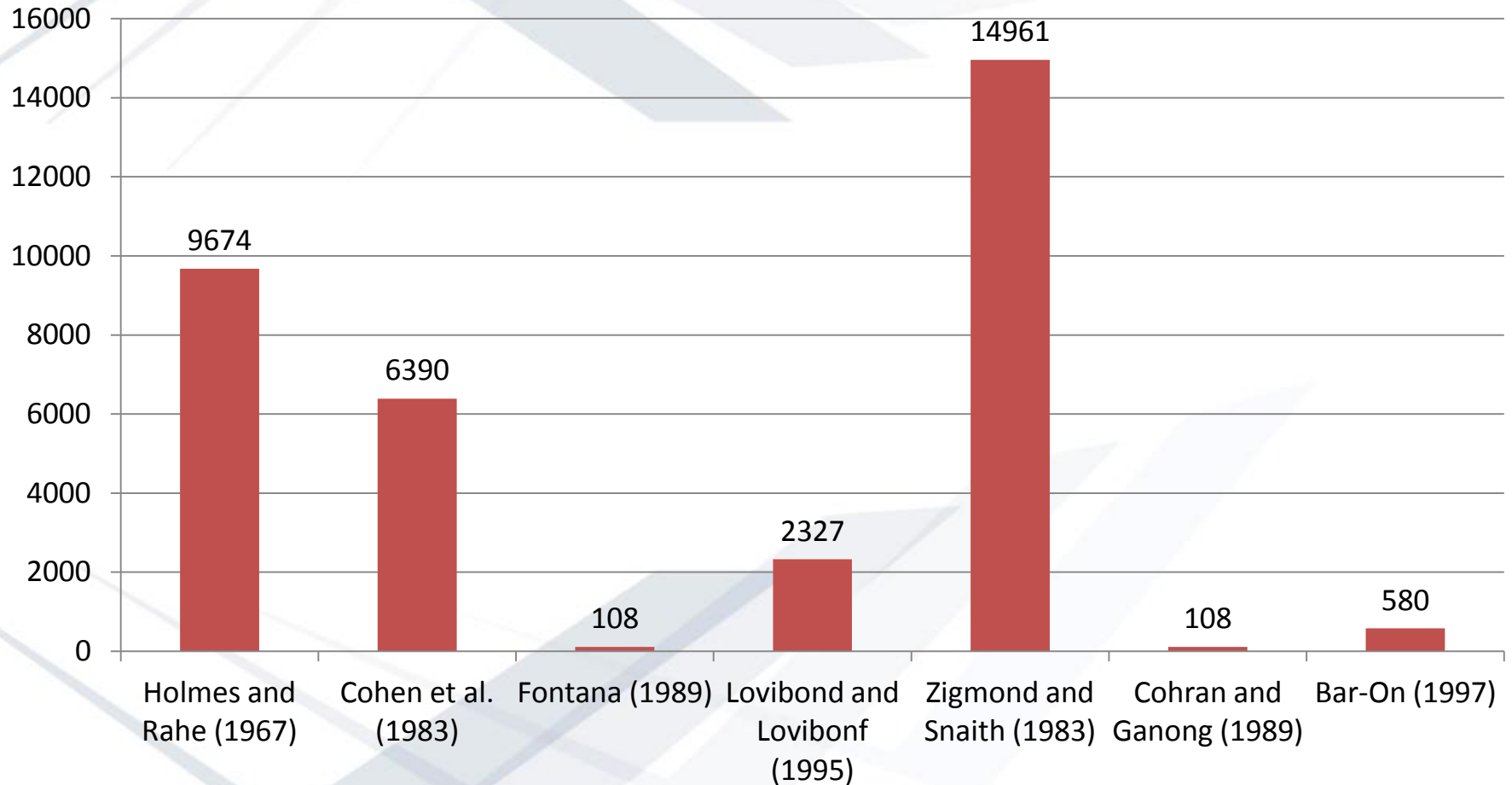


# Popularity of stress scales (2)

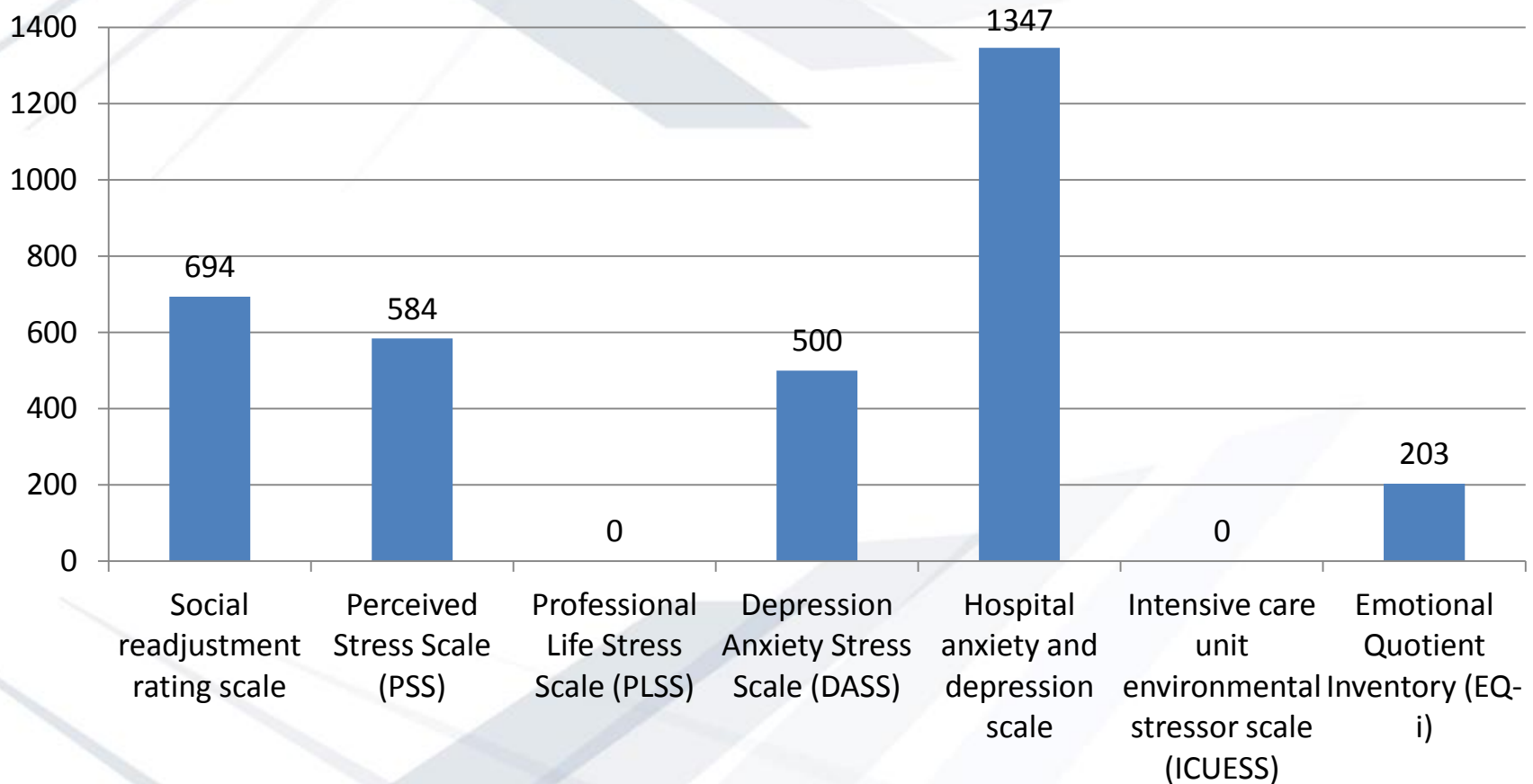
Sciencedirect.com



# Citation of the scales in Google Scholar

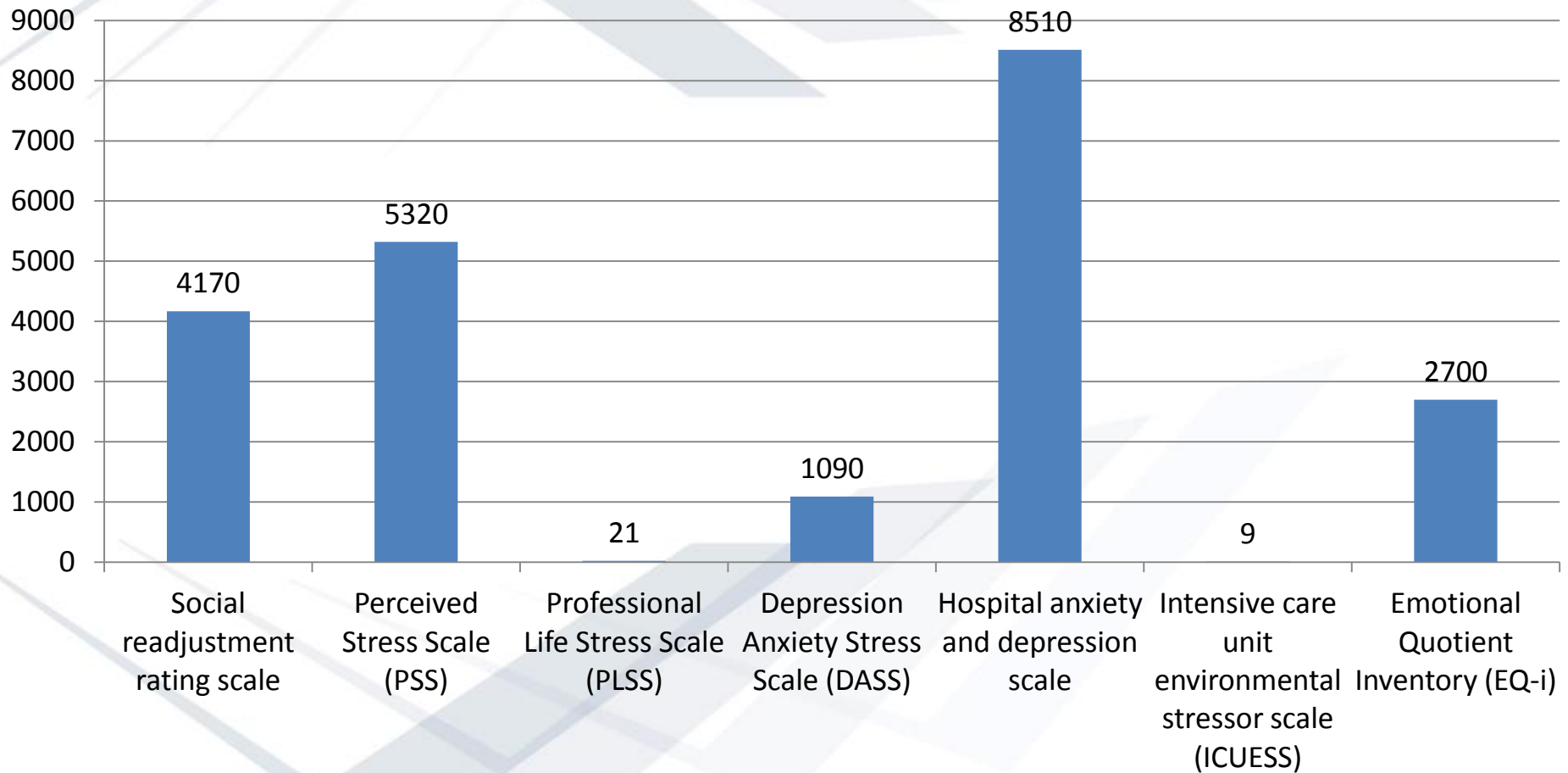


# Scale used for the student stress evaluation in Science Direct database





# Scale used for the student stress evaluation in Google Scholar database



# Holmes and Rahe stress scale for students

Life Event	Rank	Life Event	Rank
1. Death of a close family member	100	17. Increase in workload at school	37
2. Death of a close friend	73	18. Outstanding personal achievement	36
3. Divorce of parents	65	19. First quarter/semester in college	36
4. Jail term	63	20. Change in living conditions	31
5. Major personal injury or illness	63	21. Serious argument with an instructor	30
6. Marriage	58	22. Getting lower grades than expected	29
7. Getting fired from a job	50	23. Change in sleeping habits	29
8. Failing an important course	47	24. Change in social activities	29
9. Change in the health of a family member	45	25. Change in eating habits	28
10. Pregnancy	45	26. Chronic car trouble	26
11. Sex problems	44	27. Change in number of family get-togethers	26
12. Serious argument with a close friend	40	28. Too many missed classes	25
13. Change in financial status	39	29. Changing colleges	24
14. Change of academic major	39	30. Dropping more than one class	23
15. Trouble with parents	39	31. Minor traffic violations	20
16. New girlfriend or boyfriend	37		

# Score Interpretation of Student Stress Scale

- 300 or more - statistically you stand an almost 80 percent chance of getting sick in the near future.
- 150 to 299 - you have a 50-50 chance of experiencing a serious health change within two years.
- 149 or less - you have about a 30 percent chance of a serious health change.

# Perceived stress scale

0 = Never    1 = Almost Never    2 = Sometimes    3 = Fairly Often    4 = Very Often

1. In the last month, how often have you been upset because of something that happened unexpectedly?.....	0	1	2	3	4
	[0]	[1]	[2]	[3]	[4]
2. In the last month, how often have you felt that you were unable to control the important things in your life? .....	0	1	2	3	4
	[0]	[1]	[2]	[3]	[4]
3. In the last month, how often have you felt nervous and “stressed”? ....	0	1	2	3	4
	[0]	[1]	[2]	[3]	[4]
4. In the last month, how often have you felt confident about your ability to handle your personal problems? .....	0	1	2	3	4
	[4]	[3]	[2]	[1]	[0]
5. In the last month, how often have you felt that things were going your way?.....	0	1	2	3	4
	[4]	[3]	[2]	[1]	[0]
6. In the last month, how often have you found that you could not cope with all the things that you had to do? .....	0	1	2	3	4
	[0]	[1]	[2]	[3]	[4]
7. In the last month, how often have you been able to control irritations in your life?.....	0	1	2	3	4
	[4]	[3]	[2]	[1]	[0]
8. In the last month, how often have you felt that you were on top of things?.....	0	1	2	3	4
	[4]	[3]	[2]	[1]	[0]
9. In the last month, how often have you been angered because of things that were outside of your control?.....	0	1	2	3	4
	[0]	[1]	[2]	[3]	[4]
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? .....	0	1	2	3	4
	[0]	[1]	[2]	[3]	[4]

# Score Interpretation of PSS

- Scores ranging from 0-13 would be considered low stress.
- Scores ranging from 14-26 would be considered moderate stress.
- Scores ranging from 27-40 would be considered high perceived stress.



**Thank you**

