

**PERCEIVED STRESS SCALE , SSP
QUESTION BY QUESTION (QxQ), VERSION 1.0**

I. GENERAL INSTRUCTIONS

The Perceived Stress Scale (SSP) is to be completed during the participant's clinic visit. For each item, the participant should select the answer that best describes their experience.

Header Information: Consists of key fields which uniquely identify each subject and recorded occurrence of a form. For the "ID NUMBER", record the 2-3-character, 6-digit number assigned to the specific participant. For the "Event", record that this is happening at the E1 clinic visit.

0a. Date of Collection: Record the date the data was collected or abstracted. Select the date from the pop-up calendar in the data management system (DMS) or type the date in the space provided. Dates should be entered in the mm/dd/yyyy format.

0b. Staff Code: Record the SPIROMICS III staff code of the person who collected or abstracted the data. This code is assigned to each person at each site by the GIC. If you do not have a staff code and are collecting SPIROMICS III data, please contact the GIC in order to receive your own individual staff code.

II. DETAILED INSTRUCTIONS FOR EACH ITEM

Please answer every question on this form.

NOTE: Items 1 – 8 have been removed.

Read the script prior to Questions 9 – 18. Ask the participant to choose the answer that describes how often over the last month they have felt or experienced the statement described.

- Item 9. Upset because of something that happened unexpectedly:** Select only one option among the five possible choices.
- Select 'Never' if the participant was never upset in the last month because of something that happened unexpectedly.
 - Select 'Almost never' if the participant was almost never upset in the last month because of something that happened unexpectedly.
 - Select 'Sometimes' if the participant was sometimes upset in the last month because of something that happened unexpectedly.
 - Select 'Fairly often' if the participant was fairly often upset in the last month because of something that happened unexpectedly.
 - Select 'Very often' if the participant was very often upset in the last month because of something that happened unexpectedly.
- Item 10. Unable to control important things:** Select only one option among the five possible choices.
- Select 'Never' if in the last month, the participant has never felt they were unable to control the important things in their life.
 - Select 'Almost never' if in the last month, the participant has almost never felt they were unable to control the important things in their life.
 - Select 'Sometimes' if in the last month, the participant has sometimes felt they were unable to control the important things in their life.

- Select 'Fairly often' if in the last month, the participant has fairly often felt they were unable to control the important things in their life.
- Select 'Very often' if in the last month, the participant has very often felt they were unable to control the important things in their life.

Item 11. Felt nervous and “stressed”: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never felt nervous and “stressed”.
- Select 'Almost never' if in the last month, the participant has almost never felt nervous and “stressed”.
- Select 'Sometimes' if in the last month, the participant has sometimes felt nervous and “stressed”.
- Select 'Fairly often' if in the last month, the participant has fairly often felt nervous and “stressed”.
- Select 'Very often' if in the last month, the participant has very often felt nervous and “stressed”.

Item 12. Confident about ability to handle personal problems: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never felt confident about their ability to handle their personal problems.
- Select 'Almost never' if in the last month, the participant has almost never felt confident about their ability to handle their personal problems.
- Select 'Sometimes' if in the last month, the participant has sometimes felt confident about their ability to handle their personal problems.
- Select 'Fairly often' if in the last month, the participant has fairly often felt confident about their ability to handle their personal problems.
- Select 'Very often' if in the last month, the participant has very often felt confident about their ability to handle their personal problems.

Item 13. Felt things were going their way: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never felt that things were going their way.
- Select 'Almost never' if in the last month, the participant has almost never felt that things were going their way.
- Select 'Sometimes' if in the last month, the participant has sometimes felt that things were going their way.
- Select 'Fairly often' if in the last month, the participant has fairly often felt that things were going their way.
- Select 'Very often' if in the last month, the participant has very often felt that things were going their way.

Item 14. Could not cope with all the things they had to do: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never found that they could not cope with all the things that they had to do.
- Select 'Almost never' if in the last month, the participant has almost never found that they could not cope with all the things that they had to do.
- Select 'Sometimes' if in the last month, the participant has sometimes found that they could not cope with all the things that they had to do.
- Select 'Fairly often' if in the last month, the participant has fairly often found that they could not cope with all the things that they had to do.
- Select 'Very often' if in the last month, the participant has very often found that they could not cope with all the things that they had to do.

Item 15. Control irritations in life: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never been able to control irritations in their life.
- Select 'Almost never' if in the last month, the participant has almost never been able to control irritations in their life.
- Select 'Sometimes' if in the last month, the participant has sometimes been able to control irritations in their life.
- Select 'Fairly often' if in the last month, the participant has fairly often been able to control irritations in their life.
- Select 'Very often' if in the last month, the participant has very often been able to control irritations in their life.

Item 16. Felt on top of things: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never felt that they were on top of things.
- Select 'Almost never' if in the last month, the participant has almost never felt that they were on top of things.
- Select 'Sometimes' if in the last month, the participant has sometimes felt that they were on top of things.
- Select 'Fairly often' if in the last month, the participant has fairly often felt that they were on top of things.
- Select 'Very often' if in the last month, the participant has very often felt that they were on top of things.

Item 17. Angered because of things that were outside of their control: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never felt angered because of things that were outside of their control.
- Select 'Almost never' if in the last month, the participant has almost never felt angered because of things that were outside of their control.
- Select 'Sometimes' if in the last month, the participant has sometimes felt angered because of things that were outside of their control.
- Select 'Fairly often' if in the last month, the participant has fairly often felt angered because of things that were outside of their control.
- Select 'Very often' if in the last month, the participant has very often felt angered because of things that were outside of their control.

Item 18. Felt difficulties piling up so high they could not overcome them: Select only one option among the five possible choices.

- Select 'Never' if in the last month, the participant has never felt difficulties were piling up so high that they could not overcome them.
- Select 'Almost never' if in the last month, the participant has almost never felt difficulties were piling up so high that they could not overcome them.
- Select 'Sometimes' if in the last month, the participant has sometimes felt difficulties were piling up so high that they could not overcome them.
- Select 'Fairly often' if in the last month, the participant has fairly often felt difficulties were piling up so high that they could not overcome them.
- Select 'Very often' if in the last month, the participant has very often felt difficulties were piling up so high that they could not overcome them.

Save and Close the form.