

Perceived Stress Scale ± % H Q J D O L 7 U D Q V O ð W L E O Q — ' —

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The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling how often you felt or thought a certain way.	
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In the last month, how often have you been upset because of something that happened unexpectedly? 0 = Never, 1 = Almost Never, 2 = Somewhat Often, 3 = Often, 4 = Very Often	ñ p ë ĩ ā ĩ è p : ĩ ò ù ö Ÿ ä j ... ð ? %= ĩ ð â , & ā ĩ á , ' = ÷ ÷ (= μ , â) =

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