University Stress Scale

How often have each of the following caused you stress in the **past month**? If any do not apply to you, tick *Not at all*.

	Item	Not at all 0	Sometimes 1	Frequently 2	Constantly 3
1	Academic/coursework demands				
2	Procrastination				
3	University/college environment				
4	Finances and money problems				
5	Housing/accommodation				
6	Transport				
7	Mental health problems				
8	Physical health problems				
9	Parenting issues				
10	Childcare				
11	Family relationships				
12	Friendships				
13	Romantic relationships				
14	Relationship break-down				
15	Work				
16	Parental expectations				
17	Study/life balance				
18	Discrimination				
19	Sexual orientation issues				
20	Language/cultural issues				
21	Other demands or issues				

Instrument reference

Stallman, H. M. (2008). University Stress Scale. Brisbane: Queensland University of Technology

Validation reference

Stallman, H. M., & Hurst, C. P. (2016). The University Stress Scale: Measuring domains and extent of stress in university students. Australian Psychologist, 51(2), 128-134. doi: https://doi.org/10.1111/ap.12127

Purpose

The University Stress Scale provides a point-in-time measure of the causes and extent of stress experienced by university students.

Scoring

The University Stress Scale (USS) total score is the sum of items 1 to 21. The range of total scores is 0 to 63. The Number of stressors can be calculated as the number of items rated 1, 2, or 3. The range of number of stressors is 0 to 21.

Interpretation

Higher USS total scores reflects higher levels of stress. Higher numbers of stressors indicate greater unhealthy environment, one of the seven modifable domains of health and wellbeing. Unhealthy environments contribute to unplesant emotions, often experienced as stress, and if significant, overwhelming distress and unhealthy coping strategies.