



University Stress Scale

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

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





References

Stallman, H. M. (2008). University Stress Scale. Brisbane: Queensland University of Technology.
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:10.1111/ap.12127

Scoring

If 22 is left blank, score zero, 'not at all'.

Problem score = number of items endorsed > 0

Problem scores range from 0 to 22

Intensity score = sum of all items

Intensity scores range from 0 to 66

Interpretation

- The problem score provides an overview of the number of domains a student is experiencing stress in.
- The intensity score provides an indication of the intensity of the stress experienced. A cut-off of 13 or more on the intensity scale indicates that the student is likely to be experiencing clinically elevated levels of stress resulting in impaired performance and mental health problems.