

Parent report instrument for perceived stress

NIH Toolbox Emotion	
NIH Toolbox Perceived Stress CAT (Parent Report for Children Ages 8-12)	
Context	In the past month,
Response Options	1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often
Items	
SCPxy009m	how often did your child seem able to control life's irritations? Response Option: 5=Never; 4=Almost Never; 3=Sometimes; 2=Fairly Often; 1=Very Often
SCPxy010m	how often did it seem that life was going well for your child? Response Option: 5=Never; 4=Almost Never; 3=Sometimes; 2=Fairly Often; 1=Very Often
SCPxy011m	how often did your child appear angered by things that happened outside of his/her control? Response Option: 1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often
SCPxy014m	how often did difficulties pile up so high that your child did not seem able to overcome them? Response Option: 1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often
SCPxy001m	how often was your child upset because of something that happened unexpectedly? Response Option: 1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often
SCPxy002m	how often did your child appear frustrated by being unable to control or do something? Response Option: 1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often
SCPxy003	how often did your child appear nervous and “stressed”? Response Option: 1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often
SCPxy006m	how often did your child appear confident about his or her ability to handle personal problems? Response Option: 5=Never; 4=Almost Never; 3=Sometimes; 2=Fairly Often; 1=Very Often
SCPxy007m	how often did your child seem to feel things were going well? Response Option: 5=Never; 4=Almost Never; 3=Sometimes; 2=Fairly Often; 1=Very Often
SCPxy008m	how often did your child seem unable to cope with all the things that had to be done? Response Option: 1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often

NIH Toolbox Perceived Stress Survey Pediatric (8-12) Parent Report is a CAT comprised of items modified from the Perceived Stress Scale-10. (Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A Global Measure of Perceived Stress. *Journal of Health and Social Behavior*, 24(4), 385-396.) Provided with permission, Sheldon Cohen, PhD and the American Sociological Association.