

## UNIVERSITY STRESS SCALE

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

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. 19. Sexual orientation issues
20. Language/cultural issues
21. Other demands

### SCORING

USS Total = sum of items 1–21

Range = 0 to 63

### REFERENCES

#### Measure

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

#### Psychometric Properties

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.  
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