

COLLEGE UNDERGRADUATE STRESS SCALE

Purpose: To give students a sense of their stress level and how it compares to the average college student. Scale is comparable to Social Readjustment Ratings Scale.

Instructions: Copy the “stress rating” number into the last column for any item that has happened to you in the last year, then add these.

Event	Stress Ratings	Your Items
Being raped	100	
Finding out that you are HIV-positive	100	
Being accused of rape	98	
Death of a close friend	97	
Death of a close family member	96	
Contracting a sexually transmitted disease (other Than AIDS)	94	
Concerns about being pregnant	91	
Finals week	90	
Concerns about your partner being pregnant	90	
Oversleeping for an exam	89	
Flunking a class	89	
Having a boyfriend/girlfriend cheat on you	85	
Ending a steady dating relationship	85	
Serious illness in a close friend or family member	85	
Financial difficulties	84	
Writing a major term paper	83	
Being caught cheating on a test	83	
Drunk driving	82	
Sense of overload in school or work	82	
Two exams in one day	80	
Cheating on a boyfriend/girlfriend	77	
Getting married	76	
Negative consequences of drinking/drug use	75	
Depression or crisis in your best friend	73	
Difficulties with parents	73	
Talking in front of a class	72	
Lack of sleep	69	
Change in housing situation (hassles, moves)	69	
Competing or performing in public	69	
Getting in a physical fight	66	

Difficulties with a roommate	66
Job changes (applying, new job, work hassles)	65
Declaring a major or concerns about future plans	65
A class you hate	62
Drinking or use of drugs	61
Confrontations with professors	60
Starting a new semester	58
Going on a first date	57
Registration	55
Maintaining a steady dating relationship	55
Commuting to campus, work, or both	54
Peer pressures	53
Being away from home for the first time	53
Getting sick	52
Concerns about your appearance	52
Getting straight A's	51
A difficult class that you love	48
Making new friends; getting along with friends	47
Fraternity or sorority rush	47
Falling asleep in class	40
Attending an athletic event (e.g. football game)	20

TOTAL

SCORING THE UNDERGRADUATE STRESS SCALE

Along with criticisms of Holmes and Rahe's Social Readjustment Rating Scale (SRRS), Renner & Mackin (1998) pointed out that the SRRS does not include events that typically occur in the lives of college students. They also noted that some of the items are quite dated, given that the scale is over 30 years old. To remedy these problems, Renner & Mackin developed the College Undergraduate Stress Scale (CUSS). They found a mean total stress rating of 1247 with a standard deviation of 441 (range: 182-2571).

Simply sum your score for a total overall stress rating.