

PERMISSION FOR USE OF THE PERCEIVED STRESS SCALE

I apologize for this automated reply. Thank you for your interest in our work.

PERMISSION FOR USE BY STUDENTS AND NONPROFIT ORGANIZATIONS: If you are a student, a teacher, or are otherwise using the Perceived Stress Scale (PSS) without making a profit on its use, you have my permission to use the PSS in your work. Note that this is the only approval letter you will get. I will not be sending a follow-up letter or email specifically authorizing you (by name) to use the scale.

PERMISSION “FOR PROFIT” USE: If you wish to use the PSS for a purpose other than teaching or not for profit research, or you plan on charging clients for use of the scale, you will need to see the next page: “Instructions for permission for profit related use of the Perceived Stress Scale”.

QUESTIONS ABOUT THE SCALE: Information concerning the PSS can be found at <https://www.cmu.edu/dietrich/psychology/stress-immunity-disease-lab/index.html> (**click on scales on the front page**). Questions about reliability, validity, norms, and other aspects of psychometric properties can be answered there. The website also contains information about administration and scoring procedures for the scales. Please do not ask for a manual. There is no manual. Read the articles on the website for the information that you need.

TRANSLATIONS: The website (see URL above) also includes copies of translations of the PSS into multiple languages. These translations were done *by other investigators*, not by our lab, and we take no responsibility for their psychometric properties. If you translate the scale and would like to have the translation posted on our website, please send us a copy of the scale with information regarding its validation, and references to relevant publications. If resources are available to us, we will do our best to post it so others may access it.

Good luck with your work.



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INSTRUCTIONS FOR PERMISSION FOR PROFIT RELATED USE OF PERCEIVED STRESS SCALE

Profit related use of the Perceived Stress Scale requires the permission of both the American Sociological Association (ASA) and the author (S. Cohen).

The author (S. Cohen) will grant you permission to use the PSS in printed questionnaire form, for a one-time fee of (USD) \$200.⁰⁰. If you plan to use it online or in an app, the fee is \$200 *per year*. A lifetime permission is \$900. If you are making a bank transfer (notify us and we will provide information) or through a check or money order in foreign currency, the fee is \$230 USD. Our charge supports the documentation of the scale on our website (<https://www.cmu.edu/dietrich/psychology/stress-immunity-disease-lab/index.html> click on scales on front page) and handling of copyright requests.

The check should be made payable to:

Sheldon Cohen, 155 Lakeside Road, Pittsburgh, PA 15238-1707, USA.

Permission requires your completing a short form for the American Sociological Association (ASA), and paying their required fee (I think \$25 for the page). The ASA form must be signed by me before submission to them.

Requests for copyright permission may use the [online form](#). Please complete the form and send it to us (with appropriate payment as discussed above) for a signature. After receiving the form and payment, we will return the signed form to you for submission to ASA with their payment.

Please let us know if you have any questions about the scale or its interpretation. We wish you the best of luck with your project.

Sheldon Cohen

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