

Medical Student Stress Scale

The questions in this scale ask about you about your stress and wellbeing since starting medical school.

In each case, please indicate the response that best reflects your experience.

Since starting medical school...

		Always	Often	Sometimes	Rarely	Never
MSSS01	I notice fluctuations in my appetite	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS02	I have difficulty asking for help	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS03	I receive less satisfaction from learning new material	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS04	I am unable to relax	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS05	I feel anxious	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS06	I am unable to enjoy activities outside of classes/rotations	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS07	I feel hopeless that I'll ever get my degree	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS08	I feel depressed	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS09	I have a hard time motivating myself to study	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS10	I feel emotionally exhausted	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS11	I am fearful of failing	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS12	I feel unsupported by my peers	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS13	I feel competition from my peers	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

MSSS14	I feel unsupported by faculty	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS15	I feel taken advantage of by faculty (i.e. research mentors, professors, and/or school administrators)	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS16	I feel pressure from others (i.e. parents, professors, mentors, etc.) to get good grades	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS17	I am overly self-critical	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS18	I feel unsure of my abilities as a student	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS19	I hardly have enough time to get things done	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS20	I feel overwhelmed by everything there is to do	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS21	I struggle maintaining a healthy school-life balance	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1
MSSS22	I think about dropping out of school	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1

MSSS Score	T-Score	MSSS Score	T-Score	MSSS Score	T-Score	MSSS Score	T-Score
22	10.37	45	37.95	68	54.64	91	71.26
23	12.66	46	38.74	69	55.33	92	72.07
24	14.69	47	39.53	70	56.01	93	72.89
25	16.53	48	40.3	71	56.7	94	73.72
26	18.2	49	41.07	72	57.39	95	74.56
27	19.74	50	41.83	73	58.08	96	75.42
28	21.17	51	42.58	74	58.78	97	76.3
29	22.5	52	43.32	75	59.47	98	77.19
30	23.76	53	44.06	76	60.17	99	78.11
31	24.94	54	44.79	77	60.86	100	79.04
32	26.07	55	45.51	78	61.57	101	80.01
33	27.15	56	46.23	79	62.27	102	81.02
34	28.19	57	46.95	80	62.99	103	82.06
35	29.19	58	47.66	81	63.7	104	83.16
36	30.15	59	48.37	82	64.42	105	84.32
37	31.1	60	49.08	83	65.15	106	85.57
38	32.01	61	49.78	84	65.89	107	86.92
39	32.91	62	50.48	85	66.63	108	88.42
40	33.79	63	51.18	86	67.38	109	90.11
41	34.65	64	51.87	87	68.14	110	92.13
42	35.49	65	52.57	88	68.9		
43	36.32	66	53.26	89	69.68		
44	37.14	67	53.95	90	70.47		

