

# PSS Practice Test Questions and Answers

## 1. What does PSS commonly stand for in testing contexts?

- A) Professional Skills Survey
- B) Personal Stress Scale
- C) Public Safety Service
- D) Postal Service Selection

## 2. In psychological assessment, what does a PSS typically measure?

- A) Intelligence quotient
- B) Stress levels and coping mechanisms
- C) Physical fitness
- D) Mathematical ability

## 3. Which factor is most important when administering a PSS?

- A) Time of day
- B) Standardized conditions and clear instructions
- C) Room temperature
- D) Number of participants

## 4. What is a key characteristic of effective stress management?

- A) Avoiding all stressful situations
- B) Using healthy coping strategies
- C) Working longer hours
- D) Ignoring stress symptoms

Answers: 1-A 2-B 3-B 4-B

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