Measuring Stress in Healthy Start

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Questions for Discussion

- Why focus on stress?
- What interventions are implemented that address stressors and in turn stress?
- How will the data/information be used by the program?
- What do you want to measure?
- What measures should you consider?
What measures to consider

- Allostatic load (toxic stress): requires biomarker data
- Variety of scaler measures of stress and mental health domains that have been used in perinatal research
  - Focus of the workshop to discuss the various measures
Domains and instruments

- **Anxiety**
  - State-Trait Anxiety Inventory
  - Pregnancy Related Anxieties Questionnaire
  - Crown-Crips Index, Anxiety Subscales
  - Pregnancy Anxiety Scale; Pregnancy Specific Anxiety Scale

- **Depressive Symptoms**
  - CES-D
  - Edinburgh Postpartum Depression Scale
  - Beck Depression Inventory
  - Depression scales of Profile of Modes States (PMS), Brief Symptom Inventory (BSI)

Domains and instruments

- **Daily Hassles**
  - Perceived Stress Scale
  - Everyday Problem List
  - Daily Hassles Scale
  - Daily Stress Inventory

- **Life Events**
  - Inventory of ranked life events for primiparous and multiparous women
  - Life Experience Survey
  - Social Readjustment Rating Questionnaire
  - Prenatal Life Events

Domains and instruments

- **Stress Related to Pregnancy**
  - Prenatal Distress Questionnaire
  - Difficult Life Circumstances Scale
  - Prenatal Psychosocial Profile, Hassles Scale
  - Pregnancy Experience Scale (includes both hassles and uplifts)
  - Prenatal Social Environment Inventory

- **Composite Measures of Mental Health**

Domains and instruments

- **Specific Environmental Stressors**
  - Dyadic Adjustment
  - Job/work Strain scales
  - Conflict Tactics Scale
  - Index of Spouse Abuse
  - Abuse Assessment Screen
  - Perceived Racism Scale and others
  - Family Resources Scale

Domains and instruments

Other Measures with Positive Focus

- Social Support
- Coping
- Locus of Control, including pregnancy locus of control
- Self-Esteem Scale
- Mastery Scale
- Family Resources Scale

What Specific Measures to Use

- Validated as reliable in similar populations as Healthy Start clients
- Shorter Versions of the instrument with limited loss of reliability or validity
- Measures variables in the intervention pathway
- Can be easily administered
- Can be evaluated and adequately analyzed?
- Purpose is not to answer research questions
Disclaimer

- The above list of instruments were selected from the articles by Nast, et al. (2013) and Chen et al. (2011) and organized in part as they did in their articles.
References

References