Everyday Stressors Index
Hall, L.
1983

Description of Measure

Purpose
To assess the problems faced on a daily basis by low-income mothers, and their perception of how much these problems bother them, as a measure of chronic daily stressors.

Conceptual Organization
The Everyday Stressors Index (ESI) includes 20 items covering five problem areas: role overload, financial concerns, parenting worries, employment problems, and interpersonal conflict. Respondents are asked to rate how much each problem bothers them using a four point scale ranging from 1 to 4. LONGSCAN modified the author’s original values of 0=not at all bothered to 3=extremely bothered to 1=not at all bothered to 4=bothered a great deal.

Item Origin/Selection Process
The 20 items were based on items in the 117-item Daily Hassles Scale developed by Kanner and colleagues (Hall, 1983; see also Kanner, Coyne, Schaeffer, & Lazarus, 1981).

Time Required
2-3 minutes

Administration Method
A-CASI at Age 16; Interviewer-administered at Age 6.

Training
Minimal

Scoring
LONGSCAN response options include: 1= not at all bothered; 2=a little bothered; 3= somewhat bothered; 4=bothered a great deal; and 5=don’t know. See section on Conceptual Organization for information on the author’s original response set.

After recoding ‘don’t know’ answers to missing, a mean score of everyday stressors can be derived by taking the mean responses to all items. Possible scores range from 0-4. Some studies have used a total score rather than the mean score.

Score Interpretation
A higher score indicates a higher level of daily stress.

Psychometric Support

Reliability
The author reports high internal consistency of the index, with a Cronbach’s alpha of .83 (Hall, Williams, & Greenberg, 1985).
Validity
Construct validity of the ESI was supported by discrimination of everyday stressors from measures of maternal depression and psychosomatic symptoms using factor analytic procedures (Hall, 1983). Also, Hall and Farel (1988) reported that scores on the ESI were positively and significantly associated with depressive symptoms and psychosomatic symptoms among a sample of unmarried mothers.

LONGSCAN Use

Data Points
Ages 6 and 16

Mnemonic and Version
ESIA (Age 6)
ESIB (Age 16)

Rationale
While life events and daily stressors have both been shown to predict aspects of child, parent and family well-being, an index of daily stressors appears to be the more powerful measure of stress (From Hunter et al, 2003; Crnic & Greenberg, 1990; Hall & Farel, 1988). Use of the ESI at Ages 6 and 16 allowed LONGSCAN investigators to examine parental stress as a predictor of maltreatment.

Respondent
Caregiver

Results

Descriptive Statistics
For descriptive statistics on the Age 6 Everyday Stressors Inventory, please refer to the 2nd volume of the measures manuals (Hunter et al., 2003). Table 1 provides descriptive statistics for ESI mean scores at the Age 16 interview, by gender and study site.

Table 1. Age 16 Everyday Stressors Index Mean Score

<table>
<thead>
<tr>
<th>Everyday Stressors Index Mean Score</th>
<th>N</th>
<th>M</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>798</td>
<td>1.8</td>
<td>0.5</td>
</tr>
<tr>
<td>Child’s Gender</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>387</td>
<td>1.8</td>
<td>0.5</td>
</tr>
<tr>
<td>Female</td>
<td>411</td>
<td>1.9</td>
<td>0.6</td>
</tr>
<tr>
<td>Study Site</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EA</td>
<td>160</td>
<td>1.7</td>
<td>0.5</td>
</tr>
<tr>
<td>MW</td>
<td>132</td>
<td>1.9</td>
<td>0.6</td>
</tr>
<tr>
<td>SO</td>
<td>116</td>
<td>1.7</td>
<td>0.5</td>
</tr>
<tr>
<td>SW</td>
<td>205</td>
<td>1.8</td>
<td>0.5</td>
</tr>
<tr>
<td>NW</td>
<td>185</td>
<td>1.9</td>
<td>0.5</td>
</tr>
</tbody>
</table>

Source. Based on data received at the Coordinating Center through February ’10.
Reliability

Internal consistency for the Age 16 ESI mean score was excellent ($\alpha = .86$).

Validity

Validity was examined by assessing the relationship between the caregivers’ report of everyday stressors and her self-reported depression score from the Center for Epidemiologic Studies Depression Scale (CES-D; Radloff, 1977). A statistically significant correlation coefficient ($r = .54; p < .0001$) was seen between the CES-D depression score and the Everyday Stressors mean score.

Publisher Information

For more information, see Hall (1983).

References and Bibliograph


