

Development and Validation of the Response to Stressful Situations Scale in the General Population

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Abstract : The aim of the current study was to develop and validate a Response to Stressful Situations Scale (RSSS) for the Portuguese population. This scale assesses the degree of stress experienced in scenarios that can constitute positive, negative and more neutral stressors, and also describes the physiological, emotional and behavioral reactions to those events according to their intensity. These scenarios include typical stressor scenarios relevant to patients with schizophrenia, which are currently absent from most scales, assessing specific risks that these stressors may bring on subjects, which may prove useful in non-clinical and clinical populations (i.e. patients with mood or anxiety disorders, schizophrenia). Results from Principal Components Analysis and Confirmatory Factor Analysis of two adult samples from the general population allowed to confirm a three-factor model with good fit indices: $\chi^2(144) = 370.211$, $p = 0.000$; GFI = 0.928; CFI = 0.927; TLI = 0.914, RMSEA = 0.055, $P(\text{rmsea} \leq 0.005) = 0.096$; PCFI = 0.781. Further data analysis on the scale revealed that RSSS is an adequate assessment tool of stress response in adults to be used in further research and clinical settings, with good psychometric characteristics, adequate divergent and convergent validity, good temporal stability and high internal consistency.

Keywords : assessment, stress events, stress response, stress vulnerability

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