

## Parenting Stress Index Phase 1 and Phase 2 Coding Manual

### Phase 1

- Total Number of Questions and Variables = 11
- 1431 responses for each question (except #8 which has 1429); Missing n = 6 (for #8 missing n = 8)
- The frequencies and percentages listed in the above table are from a subset of the main data set – this subset deleted duplicated adults

**Coding for Questions 1-9: 1 = Strongly Agree 2 = Agree 3 = Not Sure 4 = Disagree 5 = Strongly Disagree**

Variable Name	Question	Strongly Agree % (n)	Agree % (n)	Not Sure % (n)	Disagree % (n)	Strongly Disagree % (n)
PSI1	I have doubts about my ability to handle being a parent.	1.7 (25)	6.4 (91)	.1 (2)	16.3 (233)	75.5 (1080)
PSI2	Being a parent is tougher than I thought it would be.	22.7 (325)	49.3 (706)	.7 (10)	13.7 (196)	13.6 (194)
PSI3	*I feel capable, and on top of things when I care for my child.	82.7 (1183)	16.1 (230)	.2 (3)	.4 (6)	.6 (9)
PSI4	I cannot make decisions about my child without help.	11.7 (167)	41.8 (598)	.4 (6)	10.3 (148)	35.8 (512)
PSI5	I have had many more problems raising children than I expected.	15.8 (226)	40.3 (576)	.6 (9)	22.2 (318)	21.1 (302)
PSI6	*I enjoy being a parent.	83.0 (1188)	14.9 (213)	.6 (8)	1.0 (15)	.5 (7)
PSI7	*I feel that I succeed most of the time when I try to make my child do or not do something.	70.3 (1005)	24.0 (343)	.6 (8)	4.1 (59)	1.0 (14)
PSI8	I find that I cannot take care of this child as well as I thought I could do.	2.7 (39)	18.2 (260)	.3 (4)	22.5 (322)	56.3 (806)
PSI9	When it comes to my child, I usually feel that I cannot handle things well.	4.4 (63)	21.8 (312)	.3 (5)	17.7 (253)	55.8 (798)

**Question 10 Coding:** 1 = I can handle anything that happens (“Anything”); 2 = I can handle most things very well (“Most Things”); 3 = Sometimes I have doubts, but I find that I handle many things without any problems (“Some Doubts”); 4 = I have doubts about being able to handle things (“Doubts”); 5 = I do not think I handle things well at all (“Not Well”)

Variable Name	Question	Anything % (n)	Most Things % (n)	Some Doubts % (n)	Doubts % (n)	Not Well % (n)
PSI10	*When I think of myself as a parent I believe.....I can handle anything that happens.	32.6 (467)	30.7 (440)	32.2 (461)	3.0 (43)	1.4 (20)

**Question 11 Coding:** 1 = A very good parent; 2 = Better than an average parent; 3 = An average parent; 4 = A person with certain trouble being a parent; 5 = Not good at being a parent

Variable Name	Question	A very good parent % (n)	Better than average parent % (n)	An average parent % (n)	A person with certain trouble being a parent % (n)	Not good at being a parent % (n)
PSI11	*I feel that I am.....	55.5 (794)	17.4 (249)	20.6 (295)	5.9 (84)	.6 (9)

## Phase 2

- Total Number of Questions and Variables = 11
- 1273 responses for each question (except #3 and #7 which have 1272); Missing n = 1 for #3 and #7
- The frequencies and percentages listed in the above table are from a subset of the main data set – this subset deleted duplicated adults
- Note: Variable names are the same in Phase 2 as they were in Phase 1; When merging data sets, the variable names in Phase 2 will have to be amended

**Coding for Questions 1-9:** 1 = Strongly Agree 2 = Agree 3 = Not Sure 4 = Disagree 5 = Strongly Disagree

Variable Name	Question	Strongly Agree % (n)	Agree % (n)	Not Sure % (n)	Disagree % (n)	Strongly Disagree % (n)
PSI1	I have doubts about my ability to handle being a parent.	.8 (10)	3.5 (44)	.4 (5)	27.3 (347)	68.1 (867)
PSI2	Being a parent is tougher than I thought it would be.	24.6 (313)	40.1 (510)	.8 (10)	22.6 (288)	11.9 (152)
PSI3	*I feel capable, and on top of things when I care for my child.	58.0 (738)	40.8 (519)	.2 (2)	.6 (8)	.4 (5)
PSI4	I cannot make decisions about my child without help.	11.2 (142)	39.7 (505)	.3 (4)	23.1 (294)	25.8 (328)
PSI5	I have had many more problems raising children than I expected.	21.8 (278)	35.4 (451)	1.1 (14)	28.4 (361)	13.3 (169)
PSI6	*I enjoy being a parent.	75.2 (957)	21.8 (277)	1.3 (16)	1.1 (14)	.7 (9)
PSI7	*I feel that I succeed most of the time when I try to make my child do or not do something.	52.8 (671)	43.9 (559)	.7 (9)	2.3 (29)	.3 (4)
PSI8	I find that I cannot take care of this child as well as I thought I could do.	2.2 (28)	16.6 (211)	.5 (7)	32.8 (418)	47.8 (609)
PSI9	When it comes to my child, I usually feel that I cannot handle things well.	4.1 (52)	31.1 (396)	1.0 (13)	15.2 (193)	48.6 (619)

**Question 10 Coding:** 1 = I can handle anything that happens (“Anything”); 2 = I can handle most things very well (“Most Things”); 3 = Sometimes I have doubts, but I find that I handle many things without any problems (“Some Doubts”); 4 = I have doubts about being able to handle things (“Doubts”); 5 = I do not think I handle things well at all (“Not Well”)

Variable Name	Question	Anything % (n)	Most Things % (n)	Some Doubts % (n)	Doubts % (n)	Not Well % (n)
PSI10	*When I think of myself as a parent I believe.....I can handle anything that happens.	48.3 (615)	24.5 (312)	23.7 (302)	2.9 (37)	.5 (7)

**Question 11 Coding:** 1 = A very good parent; 2 = Better than an average parent; 3 = An average parent; 4 = A person with certain trouble being a parent; 5 = Not good at being a parent

Variable Name	Question	A very good parent % (n)	Better than average parent % (n)	An average parent % (n)	A person with certain trouble being a parent % (n)	Not good at being a parent % (n)
PSI11	*I feel that I am.....	58.6 (720)	12.5 (159)	23.7 (302)	6.9 (88)	.3 (4)

### **How to Score**

1. Reverse code the positive questions which have a \* next to them on the table above (PSI3, PSI6, PSI7, PSI10, and PSI11).
2. Sum the values for each individual on all the questions. A lower score will indicate a higher level of parenting stress.
3. Asenze used two subscales – role strain and parental competence. At this point, it is unclear which questions make up which subscale.

### **Annotated References**

- Overall, the PSI-short form is an entirely different instrument than the one used in the Asenze study because: 1. There are a different number of questions (The PSI-short form has 36, Asenze has 11) 2. All of the questions are different (The questions on the PSI-Short form are listed on the next page) 3. The answers are coded differently (PSI-short form coding is done so that 1 = Strongly Disagree and 5 = Strongly Agree whereas the Asenze coding is done so that 1 = Strongly Agree and 5 = Strongly Disagree)
- However, because the purpose of the instruments are similar, it may be useful to examine the references below and adapt the methods according to Asenze's needs.
- The original reference Abidin 1990/Abidin 1995 is not freely available
- Reitman, D., Currier, R. O., & Stickle, T. R. (2002). A critical evaluation of the Parenting Stress Index-Short Form (PSI-SF) in a head start population. *Journal of Clinical Child and Adolescent Psychology*, 31(3), 384-392.
  - URL: [http://www.tandfonline.com/doi/pdf/10.1207/S15374424JCCP3103\\_10](http://www.tandfonline.com/doi/pdf/10.1207/S15374424JCCP3103_10)
  - There are multiple sub-scales on the PSI-Short Form (Parental Distress, Parent-Child Dysfunctional Interaction, and Difficult Child); Coding is done so that 1 = strongly disagree and 5 = strongly agree. Scores are summed together; Higher sub-scale scores indicate higher levels of stress in that category and a higher overall score indicates a higher level of overall stress with relation to parenting
- Haskett, M. E., Ahern, L. S., Ward, C. S., & Allaire, J. C. (2006). Factor structure and validity of the parenting stress index-short form. *Journal of Clinical Child and Adolescent Psychology*, 35(2), 302-312.
  - URL: [http://www.tandfonline.com/doi/pdf/10.1207/s15374424jccp3502\\_14](http://www.tandfonline.com/doi/pdf/10.1207/s15374424jccp3502_14)
  - The PSI short form consists of 36 statements that individuals are asked to indicate the degree to which they agree with the statement on a 5-point scale.
  - There are 3 subscales which consist of 12 questions each. The Parental Distress subscale indicates level of distress resulting from personal factors (i.e. depression or conflict with a partner, life restrictions due to demands of child-rearing). The Parent-Child Dysfunctional Interaction subscale provides an indication of parents' dissatisfaction with interactions with their children and degree to which parents find their children unacceptable. The Difficult Child subscale measures parents' perceptions of their children's self-regulatory abilities. The PSI-SF includes a Defensive Responding scale (seven items from the Parental Distress scale) that indicates the degree to which the parent might be attempting to deny or minimize problems.

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1. Feel that I cannot handle things
  2. Gave up my life for children's needs
  3. Feel trapped by parenting responsibilities
  4. Unable to do new and different things
  5. Never able to do things that I like to do
  6. Unhappy with last purchase of clothing for myself
  7. Quite a few things bother me
  8. Having a child caused problems with spouse
  9. Feel alone and without friends
  10. Expect not to enjoy myself at parties
  11. Not as interested in people as I used to be
  12. Don't enjoy things as I used to
  13. Child rarely does things for me
  14. Child does not like me or want to be close
  15. Child smiles at me less than expected
  16. My efforts for child aren't appreciated
  17. Child doesn't giggle or laugh much when playing
  18. Child doesn't learn as quickly as other children
  19. Child doesn't smile as much as other children
  20. Child isn't able to do as much as expected
  21. Takes a long time for child to get used to new things
  22. Parent's rating of competence
  23. Expected to have closer feelings for my child
  24. Child does things that bother me to be mean
  25. Child cries or fusses more often than other children
  26. Child wakes in bad mood
  27. Child is moody and easily upset
  28. Child does things that bother me a great deal
  29. Child reacts strongly
  30. Child gets upset easily
  31. Child's sleeping or eating schedule hard to establish
  32. Getting child to do something is hard
  33. Parent report a number of bothersome things child does
  34. Child does some things that bother me
  35. Child is more of a problem than expected
  36. Child makes demands on me
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