



HCHS/SOL V2-Chronic Stress STE/STS-QxQ

General Instructions

The Chronic Stress Scale is a measure of ongoing stress in several life domains. The measure asks about ongoing stress related to health problems in self or others, job or ability to work, finances, personal relationships, alcohol or drug use, and one unspecified domain.

For each domain, if the respondent indicates that the stressor did occur, there are two additional questions about whether the stressor has persisted for six months or more, and how stressful the participant found the stressor to be.

If the time frame is still unclear, be aware that this measure is referring to **current** chronic stress— i.e., do they have a given ongoing problem right now, and if so, has it been going on for at least six months.

Read the script exactly as it appears. Be aware of skip patterns for several of the questions and be sure to follow them as directed. You may re-read the answer options if the participant requests so. When asking these questions, be careful to not comment on respondent's answers and to record answers in a non-judgmental manner.

If you are asked about the meaning of specific questions (e.g., “what classifies as someone close to me”), you should encourage participants to interpret questions in the way that makes the most sense to them.

If participant asks for further information or an example of a serious ongoing (chronic) health problem, you can state the following: “this would include problems like a heart attack, or cancer.”

Spanish: *Esto incluiría problemas como un infarto o cáncer.*