



# A child doesn't understand why Mom is sad

Being a parent is hard enough, but when coupled with a condition like depression, it can cause severe stress. Ensure you have the tools to help families. The Parenting Stress Index, Fourth Edition (PSI-4) was designed to examine the extent of stress in the parent-child relationship.



Learn more at [parinc.com/PSI4](https://parinc.com/PSI4)

**Purpose** Identifies parent–child problem areas

**Age** Parents of children ages 1 month–12 years

**Format** Paper and pencil; online administration and scoring via PARiConnect

**Time** PSI-4: 20 minutes to administer, 5 minutes to score; PSI-4-SF: 10 minutes to administer, 5 minutes to score

**Qual** B or S

**PARiConnect**

**PAR** | TRAINING

## Evaluates the magnitude of stress in the parent–child relationship

- Features 120 self-report items that evaluate three major domains of stress: child characteristics, parent characteristics, and situational/demographic life stress.
- Focuses on stressors unique to the parent–child relationship, including daily hassles, dependency, and societal expectations.
- Includes normative data organized by each year of the child's age (ages 1 month to 12 years).
- Provides percentiles and *T* scores.
- Revision features improved psychometric characteristics of subscales and domains and updated item wording while retaining original test structure.
- Revision features improved cultural sensitivity of item language.
- Validity scale indicates whether a parent is responding defensively.
- Serves as a screening measure to identify issues that may lead to problems in the child's or parent's behavior.
- Available short form (PSI-4-SF) features 36 items drawn from the full-length form divided into three domains (Parental Distress, Parent–Child Dysfunctional Interaction, and Difficult Child).
- Administration and scoring options include paper and pencil and online via PARiConnect.

## The PSI-4-SF is Approved by TRICARE for ASD Treatment

Under the Autism Care Demonstration (ACD), every six months, applied behavior analysis (ABA) providers must submit PSI-4-SF scores for all enrolled beneficiaries, ages 12 years and 11 months and younger. PSI-4-SF scores are not part of the treatment planning process; however, ABA providers can use these scores to identify available resources and enhance the overall support provided to families of beneficiaries diagnosed with autism spectrum disorder (ASD).