

# Parenting Stress Index™, Fourth Edition (PSI™-4)

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## Overview & What's New

- Evaluates the magnitude of stress in the parent-child system.
- Focuses on three major domains of stress: child characteristics, parent characteristics, and situational/demographic life stress.
- Cultural sensitivity of item language has been improved.
- Original structure was retained, but updated wording more clearly taps into the target construct or behavioral pattern.
- Internal consistency of scales has been increased.
- Age-based norms at the domain and subscale level have been added.
- Fathers are included in the standardization sample.
- *T* scores have been added for enhanced interpretation.

## Administration

- 20 minutes to administer.
- Qualification level: B or S.
- Administer with paper and pencil, online 24/7 via PARiConnect, or with available streamlined Software Portfolio platform (PSI-4 SP).
- Self-report inventory features 120 questions for parents of children ages 1 month to 12 years.

## Scoring and Reporting

- Hand score in 5 minutes.
- Scoring and reporting are available online 24/7 via PARiConnect.
- Software Portfolio allows you to hand-enter item responses and generate unlimited reports.

## Applications

Identify parent-child problem areas

Use as a screening and triage measure to evaluate the parenting system and identify issues that may lead to problems in the child's or parent's behavior

## Reliability, Validity, & Norms

- Normative data includes mothers ( $N = 534$ ) and fathers ( $N = 522$ ) stratified to match the demographic composition of the 2007 U.S. Census.
- Test-retest reliability coefficients ranged from .55 to .82 for the Child Domain, from .69 to .91 for the Parent Domain, and from .65 to .96 for the Total Stress score.
- Reliability coefficients for the two domains and the Total Stress scale were .96 or greater.
- Validity investigated in studies focused on at-risk children, attachment, ADHD, child abuse, forensic contexts, medical treatment adherence, substance abuse, parental depression, and more.

## PSI Domain and Subscale Descriptions

Domain/Subscale	Description
<b>Total Stress</b>	Assesses overall parental experience of stress and risk for dysfunctional parenting and child behavior problems.
<b>Child Domain</b>	Assesses child characteristics that may contribute to overall stress
Distractibility/Hyperactivity (DI)	Assesses behavioral characteristics that reflect symptoms of attention-deficit/hyperactivity disorder.
Adaptability (AD)	Assesses the child's the ability to adjust to change in the social or physical environment.
Reinforces Parent (RE)	Assesses the parent's experience of interactions with his or her child as positively reinforcing.
Demandingness (DE)	Assesses the parent's experience of the child as placing demands on him or her.
Mood (MO)	Assesses the child's affective status.
Acceptability (AC)	Assesses the extent to which child characteristics meet expectations of the parent.
<b>Parent Domain</b>	Assesses parent characteristics that may contribute to overall stress
Competence (CO)	Assesses the extent to which the parent feels comfortable and actually is capable in the parenting role.
Isolation (IS)	Assesses the parent's degree of social support.
Attachment (AT)	Assesses the parent's sense of closeness with the child and his or her ability to observe and effectively respond to the child's needs.
Health (HE)	Assesses the extent to which the parent's health contributes to overall parenting stress.
Role Restriction (RO)	Assesses the parent's sense of limited freedom and constrained personal identity as a result of the parenting role.
Depression (DP)	Assesses the parent's affective status.
Spouse/Parenting Partner Relationship (SP)	Assesses the parent's perception of emotional and physical support from the parenting partner.