

Everyday Stressors Index (ESI)

Program Name: _____ Home Visitor Name: _____
 Participant Name: _____ Date completed: _____
 Participant ID#: _____ Score: _____

Complete at intake (or one month post-delivery) and every 12 months thereafter

Now I'm going to ask you some questions about common problems which many people have every day. Please tell me how much the following problems worry, upset, or bother you from day to day. [hand list on page 2] Are you (1) Not at all bothered, (2) A little bothered, (3) Somewhat bothered, or (4) Bothered a great deal by the following things?

	NAA	AL	S	GD	DK
1. Having too many responsibilities.	1	2	3	4	---
2. Taking care of family members other than your child(ren).	1	2	3	4	---
3. Owing money or getting credit	1	2	3	4	---
4. Problems with your child(ren)'s behavior.	1	2	3	4	---
5. Not enough money for basic necessities, such as clothing, housing, food, and health care.	1	2	3	4	---
6. Not enough time to do the things you want to do.	1	2	3	4	---
7. Problems with transportation.	1	2	3	4	---
8. Problems with your job or with not having a job.	1	2	3	4	---
9. Disagreements with others over discipline of your child(ren).	1	2	3	4	---
10. Problems with housing.	1	2	3	4	---
11. Concerns about the health of a family member [not including your child(ren)].	1	2	3	4	---
12. Concerns about how your child(ren) is/are doing in school/daycare.	1	2	3	4	---
13. Problems with friends and neighbors.	1	2	3	4	---
14. Concerns about your child(ren)'s health.	1	2	3	4	---
15. Problems getting along with your family.	1	2	3	4	---
16. Problems with being married/single.	1	2	3	4	---
17. Feeling safe in your neighborhood.	1	2	3	4	---
18. Difficulties with your child(ren)'s father.	1	2	3	4	---
19. Problems holding a job.	1	2	3	4	---
20. Trouble finding employment.	1	2	3	4	---
Column totals:					
Total score:					

Notes:

Description: The purpose of the Everyday Stressors Index (ESI) is to assess problems faced on a daily basis by low-income mothers with young children. The ESI includes 20 items covering five problem areas: role overload, financial concerns, parenting worries, employment problems, and interpersonal conflict.

Scoring Instructions: An ESI total score is derived by adding the responses to the 20 items, resulting in a possible range of 20 to 80. If a mother answers "Don't Know" to a question, when adding the total score, use the average value from the questions they did answer. For example, if a mother responded with a 2 on items 1-4, but answered don't know to question 5, assign item 5 a score of 2 then add up the responses for the total score. A higher score indicates a higher level of daily stress.

Everyday Stressors Index Variable List (hand to respondent)

1. Too many responsibilities
2. Take care other family members
3. Owing money – getting credit
4. Problems with child's behavior
5. Not enough money for necessities
6. Not enough time
7. Problems with transportation
8. Problems with job or unemployment
9. Disagreements of disciplining child
10. Problems with housing
11. Concerns of others' health
12. Concerns of child in school-day care
13. Problems with friends-neighbors
14. Concerns with children's health
15. Problems getting along with family
16. Problems with marital status
17. Feeling safe in neighborhood
18. Difficulties with children's father
19. Problems holding a job
20. Trouble finding employment

Citation

Hall, L. A. (1983). Social Supports, Everyday Stressors, and Maternal Mental Health. Unpublished doctoral dissertation. University of North Carolina, Chapel Hill.