Use of Mental Stress Management/Relaxation Techniques

In the past week (even if it was NOT a typical week), how many times did you do mental stress management or relaxation techniques?

☐ none  _____ times

Describe the mental stress management technique(s) you used: ____________________________

Scoring

This is a single item. If the technique described is not a cognitive symptom management technique, code as "0". Cognitive techniques include imagery, prayer, meditation, or progressive muscle relaxation. Reading, watching TV, listening to music, etc, are not considered cognitive techniques. To score the item, categorize the number of times into an ordinal scale with these categories:

1 = None
2 = 1-7 times/week
3 = 8 or more times/week

This item can also be left as a continuous measure, using the actual times coded.

Characteristics

Tested on 1,129 subjects with chronic disease. N=51 for test-retest.

<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1-3</td>
<td>1.28</td>
<td>.53</td>
<td>—</td>
<td>.66</td>
</tr>
</tbody>
</table>

Source of Psychometric Data


Comments

Another way that you can use this scale is to separate out the use of cognitive and non-cognitive techniques that one uses. We have never used the scale in this way but it seems like a reasonable possible use.

References


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