



Spanish Use of Mental Stress Management/Relaxation Techniques

En la última semana (aún si no fue una semana normal), ¿cuántas veces practicó algún tipo de relajación mental?

ninguna _____ veces

Describe lo que hace para relajarse: _____

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 550 Spanish-speaking subjects.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-7 (continuous scoring)	0.435	0.150	—	NA
1	1-2 (categorical scoring)	1.11	0.307	—	NA

Source of Psychometric Data

Stanford Spanish Chronic Disease Self-Management Study (Tomando Control de su Salud). Psychometrics reported in: Lorig KR, Ritter PL, & González VM, Hispanic chronic disease self-management: A randomized community-based outcome trial. *Nursing Review*, in press.

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

Lorig KR, Ritter PL, & González VM Hispanic chronic disease self-management: A randomized community-based outcome trial. *Nursing Research* (2005). 52(6), 361-369.

Self-Management Resource Center
smrc@selfmanagementresource.com
<https://selfmanagementresource.com>