

Parenting Stress Index (PSI)

The Parenting Stress Index is an assessment tool that measures perceived parenting stress in parents of young children. It focuses particularly on the dimensions of stress related to the child, to the parent and to the parent-child interaction.

Number of questions	36 questions
Estimated duration	20 minutes
Language	English
Original name	Parenting Stress Index
Target audience	Parents
Authors	Richard R. Abidin (1995)

Preview of the 36 questions

I often feel that I don't know how to handle situations.

Strongly agree | Agree | Not sure | Disagree | Strongly disagree

I spend more time than I expected meeting my child's needs.

Strongly agree | Agree | Not sure | Disagree | Strongly disagree

I feel trapped by the responsibilities of parenting.

Strongly agree | Agree | Not sure | Disagree | Strongly disagree

Since my son was born, I have not been able to do new or different things.

Strongly agree | Agree | Not sure | Disagree | Strongly disagree

Since I had my son, I have had trouble doing the things I would like to do.

Strongly agree | Agree | Not sure | Disagree | Strongly disagree

Scoring & interpretation

The PSI/SF generates a total parenting stress score as well as three subscale scores: Parental Distress, Parent-Child Dysfunctional Interaction and Difficult Child. Each item is rated on a Likert scale, and high scores indicate a higher level of stress.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.