

Stress Scale for adults who care for preschool and primary school children with emotional problems

The following statements describe feelings and perceptions about the experience of being an adult who care for preschool and primary school children with emotional problems (from 3 to 11 years old). Think of each of the items in terms of how your relationship with your child or children typically is.

Please indicate the degree to which you agree or disagree with the following items by placing the appropriate number in the space provided.

1. Sex: a) male b) female (*please indicate with a X*)

2. Age: a) 18-30 old b) 31-45 old c) more than 45 years (*please indicate with a X*)

3. Quality of adult: a) parents b) grandparents c) other relatives: sister, uncle/aunt, baby-sitter, son (*please indicate with a X*)

(Please express your opinion writing in the box on the right one of the following numbers:

1=strongly disagree 2=disagree 3=undecided 4=agree 5=strongly agree

Regarding your role as adult who care for preschool or primary school children , last month:

1	I am an adult who educate /care for children with emotional problems	
2	I felt that my skills were adequate to the situation I lived	
3	I found that I could manage my life in all its branches notwithstanding the situation	
4	I was able to control my emotions in my ordinary life	
5	I was seldom fighting with other other adults who care for preschool and primary school child(ren) with emotional problem regarding what to do	
6	I felt happy in my role every day	
7	I thought that social support for taking care for preschool and primary school child(ren) is satisfactory and even more than satisfactory	
8	I didn't feel worried whether I was doing enough for child(ren)	
9	I felt close to child(ren) with emotional problems	
10	I thought that child(ren) was (were) an important source of affection for me	

11	I thought that taking care about child(ren)'s with emotional problems education made me feel more sure and gave me an optimistic view for the	
12	I felt that child(ren) perception matched my expectations	
13	I felt that interactions with child(ren) with emotional problems was (were) rewarding at a satisfactory level	
14	I was able to face difficulties by my-self	
15	I needed support to face difficulties	
16	I thought that child(ren) was (were) a positive element in my life	
17	I thought that it was not a problem to balance different responsibilities of education and care for preschool or primary school child(ren)'s with emotional problem	
18	I thought that some behaviours of child(ren) with emotional problems were seldom embarrassing or stressful to me	
19	I was able to intervene efficiently when my child(ren) has an emotional problem	
20	I felt that the child(ren) with emotional problems accepted me and liked to stay with me	
21	I thought that the expectations that the children had towards me were not too heavy	
22	I thought the child(ren) willingly obeyed my requests if they were reasonable	
23	I need counseling and support to care for my child(ren)	
24	I felt satisfied as a parent/ adult who care for a preschool or a primary school children with emotional problems	
25	I thought that taking care for a preschool or a primary school child(ren) with emotional problems was enjoyable	
26	Have you thought that if you could turn back, you might decide to not take care of child(ren)?	
27	Have you thought that the major source of stress in your life is taking care of child(ren)'s with emotional problem education?	
28	Have you thought that taking care of child(ren)'s education leaves little time and flexibility in your life?	
29	Have you thought that taking care of child(ren)'s education has been a financial burden?	
30	Have you thought that having child(ren) has meant having too few choices and too little control over your life?	

Thank you for your collaboration!

Date: __/__/____

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