

# **CHOPS Stress Inventory (2015)**

## ***A Quantitative Stress Measurement Tool for Cross-Cultural Workers***

As part of a larger research project for a Ph.D. dissertation, I adapted the *qualitative* CHOPS Inventory, developed by Drs. Kelly and Michèle O'Donnell (O'Donnell & Lewis O'Donnell, 2012) into a *quantitative* version. The new adapted version was done with the Drs. O'Donnells' consultation and permission.

### **Categories of Stressors**

The ten areas of stressors frequently reported by cross-cultural workers, and previously categorized by Drs. Kelly and Michèle O'Donnell, include: Cultural, Crises, Historical, Human, Occupational, Organizational, Physical, Psychological, Support and Spiritual.

### **Rating Scales**

Each of the ten areas of stress provides possible experiences for each category. Cross-cultural workers can rate the level of stress over the past month in a Likert-style rating scale from "1" minimal to "5" extreme. Additionally, cross-cultural workers are able to list the top three areas of stress and are given an opportunity to list 3-5 specific stressors.

### **Psychometric Validity**

The adapted CHOPS Stress Inventory was tested along side the ten-item Perceived Stress Scale PSS-10 (Cohen, Kamarck & Mermelstein, 1983) a known and validated stress measurement tool. Preliminary statistics show the adapted CHOPS Stress Inventory shows good psychometric quality as compared to the PSS-10 (Cronbach's  $\alpha = 0.82$ ) and correlation with PSS total score was moderate ( $r = 0.62$ ,  $p < 0.001$ ). Additional statistical data is available upon request. Further research on the CHOPS Stress Inventory is welcomed.

### **Background and Copyright**

More information on previous versions (since 1990) is on the Member Care Associates website: [http://membercareassociates.org/?page\\_id=1323](http://membercareassociates.org/?page_id=1323). The CHOPS Stress Inventory (2015) is copyright ©Kelly and Michèle O'Donnell.

Respectfully submitted,

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### **References**

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385-396.

O'Donnell, K. & Lewis O'Donnell, M. (2012). CHOPS. Retrieved from <http://coremembercare.blogspot.fr/search/label/CHOPS>