

CHOPS Stress Inventory

Introducing CHOPS Stress Inventory –a Quantitative Stress Measurement Tool for Cross-Cultural Workers

As part of a larger research project for a Ph.D. dissertation, the qualitative CHOPS Inventory developed by Drs. Kelly and Michèle O'Donnell (O'Donnell & Lewis O'Donnell, 2012) was adapted with permission and consultation to a quantitative design.

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.

Respectfully submitted,

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References

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