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

Describa 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.

<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0-7 (continuous scoring)</td>
<td>0.435</td>
<td>0.150</td>
<td>—</td>
<td>NA</td>
</tr>
<tr>
<td>1</td>
<td>1-2 (categorical scoring)</td>
<td>1.11</td>
<td>0.307</td>
<td>—</td>
<td>NA</td>
</tr>
</tbody>
</table>

Source of Psychometric Data
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


*This scale is free to use without permission*

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