

INDEX OF CLINICAL STRESS (ICS)

Author:	Walter W. Hudson
Date:	1997
Construct:	Child and Family Health, Formal and Informal Sources of Support and Community Involvement
Standardized:	Yes
Instrument Type(s):	The ICS is a short-form, 25-item self-report questionnaire that is administered to individual adults and young adults over the age of 12 years. Those completing the questionnaire must be literate and have no severe cognitive impairment.
Uses of Information:	<p>The Index of Clinical Stress (ICS) measures the degree or magnitude of clients' perceptions of personal stress.</p> <p>The ICS is used at intake for screening, initial problem assessment and service or treatment planning, and at intervals during intervention to monitor progress and for program evaluation.</p>
Environment:	The ICS may be used in individual and family-focused clinical settings and intervention programs.
Description:	The ICS was developed specifically to capture information about a client's perceptions of an imbalance between the demands of daily living and their ability to respond to those demands. The reading level for the ICS is grade 4 and higher.
References:	<p>Abell, J.N. (1991). /The index of clinical stress: A brief measure of subjective stress for practice and research. <i>Social Work Research and Abstracts</i>, 27(2), 12-15.</p> <p>Hudson, W.W., MacNeil, G., & Dierks, J. (1995). Six new assessment scales: A partial validation. Tempe, AZ: Walmyr Publishing Company.</p>
Cost:	<ul style="list-style-type: none">• ICS Scale (1 pad of 50 copies) \$22.50• Walmyr Assessment Scoring Manual \$20.00
Availability of Test Manual:	Yes. Contact WALMYR
Contact Information:	<p>WALMYR Publishing Company PO Box 12217 Tallahassee, FL 32317-2217 850-383-0045 (phone) 850-383-0970 (fax)</p> <p>http://www.walmyr.com/index.html</p>
Instructions:	It is suggested that clinicians explain to the client why they are asking the client to complete the ICS and how they are going to use the information.



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Administration:	The client responds to all items on the test form by selecting one response from a 7-point scale ranging from <i>None of the time</i> to <i>All of the time</i> . The ICS may be administered with respect to global stress in the client's life, or it may be more focused on a particular aspect of the client's life such as work, school, finances, health or family.
Qualification:	The clinician using the scale should have professional training and clinical experience related to adult and adolescent psychology and social and emotional development.
Training Required:	No specific training is required for administrators other than familiarity with the content of the ICS, the scoring form and the scoring procedures. The author recommends that test administrators take the ICS themselves before administering it to others.
Administration Time:	There is no specific time limit for administration. The author reports that administration is rapid.
Respondents:	The ICS is a self-report, paper-and-pencil instrument.
Scales/Item Options:	The ICS scale has 25 items. Four item examples from the ICS are presented below: <ul style="list-style-type: none">• "I feel so anxious I want to cry."• "I feel that I can't keep up with all the demands on me."• "I feel that I am near a breaking point."• "I feel that I am losing control of my life."
Scoring:	The ICS produces a score ranging from 0 to 100 where a low score indicates the relative absence of the problem being measured, and a higher score indicates the presence of a more severe problem. The cutting score of 30 is the score at which clients may have a clinically significant problem.
Languages:	English
Psychometric Properties:	The reliability alpha is .90 indicating that the scale is internally consistent and that alternative forms should yield consistent results. The Standard Error of Measurement is 5.02 indicating that the ICS is a relatively accurate measure.

