

Parenting Stress Index-Short Form

- Scale
 - 1=low stress (1-15 percentile)
 - 2=normal (16-60 percentile)
 - 3= Borderline stress (81-84 percentile)
 - 4= Clinically Significant (85 and above)
- It is noteworthy that the scores below decreased indicating that parents demonstrated improvements in the areas of feeling healthier and a reduction in overall stress.

Parenting Stress Index Manual Short Form

RJ Shavelson



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