

## Study Instruments

**Short Form Health Survey (SF-12).** This 12-item scale measures perceptions of health and describes degree of general physical health status and mental health distress. Internal consistency reliability is 0.89 for physical health component summary and 0.86 for the mental health component summary. Validity of the SF-12 has been established in diverse populations throughout the US and norm data are available. The SF-12 can be administered in 3 minutes (Ware, Kosinski, & Keller, 1996).

**Pittsburgh Sleep Quality Index (PSQI).** This 19-item index measures subjective sleep quality grouped into 7 component scores: sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction. A global PSQI score can also be scored. The PSQI has demonstrated internal consistency with an overall reliability coefficient of 0.83. Numerous studies have supported high validity and reliability and the index can be completed in less than 5 minutes (Buysse et al., 1989).

**Brief Symptom Inventory (BSI-18).** This 18-item scale, a shorter version of the BSI-53, measures three global indices of psychological distress; depression, anxiety, and somatization. Internal consistency reliability ranges from 0.74 to 0.89 on the subscales. Test-retest reliability over two weeks ranged from 0.68 to 0.91. There is high convergent validity of the subscales with the longer version. Norm data exists for the BSI-18 and it can be completed in 4 minutes (Derogatis, 2001).

**Posttraumatic Stress Disorder Checklist-Civilian Version (PCL-C).** This 17-item scale assesses post-traumatic stress disorder (PTSD) in the general population. The items correspond to the DSM-III-R symptoms of PTSD. The instrument has good test-retest reliability (0.96) and internal consistency (0.97). Convergent validity was supported by high correlations with the Mississippi Scale for PTSD (0.93), the MMPI-2 (0.77), and the Impact of Event Scale (0.90). The checklist can be completed in less than 5 minutes (Weathers, Huska & Keane, 1991; Weathers, Litz, Herman, Huska & Keane, 1993).

**Demographic Data Form.** This form will be adapted from the current form used by TWU's College of Nursing Student Survey. This form will address the following list of variables: age, gender, race, ethnicity, acculturation, level of education, disability, relationship status, number of people in household, number and type of dependents, dependent care status, income/family financial situation, commute distance and type of transportation.

**Stress Resiliency Profile.** This 18-item scale measures approaches for coping with stressors and evaluates 3 cognitive habits: a) *deficiency focusing* is the habit of focusing on the negatives at the expense of the positives; b) *necessitating* is the perception that tasks are inflexible demands that must be met, with no room for discretion or choice; and c) *low skill recognition* is the tendency to underestimate or not recognize one's own competence and abilities and feeling that success depends on outside sources. The profile can be completed in 4 minutes (Thomas & Tymon, 2003, 1997).

**Psychological Empowerment Instrument.** This 12-item scale measures psychological empowerment or self-orientations persons may have regarding their work role. The instrument has been used in over 50 different studies ranging from nurses to low wage workers. Validity has been demonstrated and test-retest reliability estimates are around 0.80 (Spreitzer, 1996; Spreitzer & Quinn, 2001).

**Student Nurse Stress Index.** This 22-item scale measures stress related to 4 factors: academic load, clinical sources, interface worries, and personal problems. Validity has been demonstrated by confirmatory factor analysis and internal consistency reliability coefficients have all exceeded 0.70 (Jones & Johnston, 1999).

**Perceived Faculty Support Scale.** This 24-item scale measures two types of faculty support: psychological and functional. Validity of the instrument's two subscales was demonstrated by factor analysis. Internal consistency reliability ranges from 0.92 to 0.96 (Shelton, 2003).

**TWU CON Student Satisfaction Survey.** This form will be adapted from the current form used by TWU's College of Nursing Student Survey. This survey will ask questions related to school violence.

**Verbal Abuse Scale (VAS).** This 45-item defines 11 different forms of verbal abuse as well as examines eight subscales related to the verbal abuse: stressfulness, strength of feeling, benign appraisal, threatening appraisal, positive coping, negative coping, coping effectiveness, and long-term negative effects. Cronbach's alpha reliability estimates for the subscales range from 0.69 to 0.95 (Manderino & Berkey, 1997).

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