

This is a **Sample** version of the
**Duke Social Support and Stress
Scale (DUSOCS)**

The **full version** of the DUSOCS comes without 'sample' watermark.

The full complete 22 page version includes –

- DUSOCS Overview information
- DUSOCS Scoring/ Administration instructions
- DUSOCS Complete Questionnaire/ Assessment
- DUSOCS Clinical Validity

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ASSOCIATIONS AMONG FAMILY SUPPORT, FAMILY STRESS, AND PERSONAL FUNCTIONAL HEALTH STATUS

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(Received in revised form 16 August 1988)

Abstract—The self-reported family support and stress of 249 ambulatory adult patients, aged 18–49 years, were studied relative to their self-reported functional health. Support from family members was found to be related positively with emotional function. Stress from family members was associated negatively with symptom status, physical function, and emotional function. Patients' severity of illness was related negatively to their symptom status, physical function, and social function, but not to their emotional function. During the study a new self-report instrument, the Duke Social Support and Stress Scale (DUSOCS), was developed to measure family and non-family support and stress. Also, a new chart audit methodology, the Duke Severity of Illness Scale (DUSOI), was designed to assess severity in the ambulatory setting. Reliability and validity of the DUSOCS and the DUSOI were supported. The importance of the patient's perception of health and its family determinants is emphasized.

Health status	Family relations	Social support	Psychological stress	Mental health
Severity of Illness Index	Health status indicators	Family health	Family health	Social environment
Life change events				

INTRODUCTION

Health care providers attempt to maintain or improve the health of individuals in the context of their physical and social environment. One direction for current research is the study of the family component of the social environment as a determinant of health. The present study addressed the question, "How are the relationships of an individual with other family members associated with that person's perceived state of well-being?" The working hypothesis was that personal health is positively associated with family support, and negatively associated with family stress.

The relationship between social support and health has been studied extensively [1]. Family support has been investigated primarily by assessing the effects of the family as a group. Moos studied the social climate of families with regard to interpersonal relationships, personal growth, and structural organization and developed the Family Environmental Scale [2]. Olson studied family cohesion, adaptability, and communication with his Family Adaptability and Cohesion Evaluation Scale [3] and family pride and accord by use of the Family Strengths Questionnaire [4].

The importance of stress relative to health has been studied with increasing intensity over the past 50 years. Cannon [5], Selye [6], and Wolff [7] were the early investigators. Building on their work, Cassel emphasized the role of social stresses and supports in the determination of

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SCORING FOR THE DUKE SOCIAL SUPPORT AND STRESS SCALE

Appendix F of the User's Guide.

DUSOCS Social Support (See example in Figure 16.)

Support Step 1: Assign the following raw scores for each check mark made by the respondent:

Rules for missing values: If all items in the entire "support" section are left blank, then all are considered to be "missing values" and no support scores can be generated. However, if at least one item is checked in the support section, then all the blanks are scored "0" and the check or checks are scored "0" to "2" as noted above.

Support Step 2: Calculate the score for **DUSOCS Family Support**

- a. Sum the raw scores for the six categories of family members under Section IA.
- b. If the "special supportive person" in Section IC is a family member, add the raw score for "yes" (i.e., 2) to the sum of IA. If not a family member, add the raw score for "no" (i.e., 0).
- c. Divide by 14 and multiply by 100 to obtain the Family Support Score on a scale of 0 to 100.

Example: For the patient shown in Figure 16, the score for Family Support is calculated as follows:

- a. Sum the raw scores for the six categories of family members under Section IA.

<u>Type of person</u>		<u>Raw Score</u>
1. Your wife, husband, or significant other person	=	2
2. Your children or grandchildren	=	0
3.		

This is the end of the SAMPLE DUSOCS scoring & administration instructions. Please return to page 1 to purchase complete version.

DUKE SOCIAL SUPPORT AND STRESS SCALE (DUSOCS)

Date Today: _____ Name: _____ ID#: _____
Date of Birth: _____ Female__ Male__

PAGE 1: SUPPORT

I. People Who Give Personal Support

[A supportive person is one who is helpful, who will listen to you, or who will back you up when you are in trouble.]

INSTRUCTIONS: Please look at the following list and decide how much each person (or group of persons) is supportive for you at this time in your life. Check (✓) your answer.

<u>How supportive are these people now:</u>	<u>None</u>	<u>Some</u>	<u>A Lot</u>	<u>There is No Such Person</u>
1. Your wife, husband, or significant other person	_____	_____	_____	_____
2. Your children or grandchildren.....	_____	_____	_____	_____
3. Your parents or grandparents	_____	_____	_____	_____
4. Your brothers or sisters	_____	_____	_____	_____
5. Your other blood relatives.....	_____	_____	_____	_____
6. Your relatives by marriage (for example:	_____	_____	_____	_____

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