**Dhaka Stress Scale-Adult (DSS-A)**

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*Time*: 15-20 minutes

*Ages*: 18+

*Time Frame*: Last 1 year but can be used as current or lifetime instrument.

*Purpose*: Assessment of stress.

*Commentary*: Dhaka Stress Scale-Adult (DSS-A) is designed to identify stressful life events experienced by normal adult population of Bangladesh in the past year and measuring the severity of stress. However, it can be applicable in the countries of similar socio-cultural milieu.

*Versions*: DSS-A is only a self-report version. Both Bangla and English versions are available.

*Edition*: First edition (6/2019)

*Items*: The DSS-A comprises 58 items that are rated on given mean stress score.

*Scale*: The items are rated on given mean stress score on the left of each event. If the person experienced that event in the past year, is written that number on the blank space to the right. If any event happened more than once, is multiplied for each occurrence. The simple sum of all items rating constitutes the total score.

*Interpretations*: Interpretation of the overall score is not absolute because of the large differences in each person’s ability to cope and particular reaction to stress, but here are some general guidelines: Score 150 or less suggesting mild level of stress, Score 151 to 300 suggesting moderate level of stress and score 301 or more suggesting severe level of stress.

*Validity*: Content validity was excellent as item level content validity index (I-CVI) was 1 except

3 items and scale level validity index (S-CVI) was 0.91. In factor analysis of two factor model, no item had salient loading on more than one factor and there were 3 items that failed to load on either factor. Correlation coefficient was 0.84 between DSS-A and Presumptive stressful life events scale (PSLES).

*Reliability*:Cronbach’s alpha values were ranging from 0.53-0.88.

*Key references*:

1.Holmes TH, Rahe RH. The social readjustment rating scale. *J Psychosom Res.* 1967; 11: 213-18.

2. Singh G, Kaur D, Kaur H. Presumptive stressful life events scale (PSLES): A new stressful life events scale for use in India. *Indian J Psychiatry.* 1984; 26: 107-14.

3.Mullick MSI, Algin S,Islam MM,Phillipson A,Nahar JS, Morshed MM,Chowdhury MHR, Shahid SFB. Dhaka Stress Scale-Adult: A scale for assessing psychosocial stressors among adults. *Bangabandhu Sheikh Mujib Med Univ J 2019*; 12:119-1277. DOI: 10.3329/bsmmuj.v12i3.43328.

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