



# Parenting Stress Index,<sup>™</sup> Fourth Edition

## Interpretive Report

by Richard R. Abidin, EdD and PAR Staff

**- Respondent -**

Client name: B D

Relationship to child: Mother (or female caretaker)

Age: 36

Birth date: 04/03/1976

Ethnicity: (not specified)

Marital status: Married

**- Child -**

Name: Karen

Age: 7

Birth date: 03/07/2005

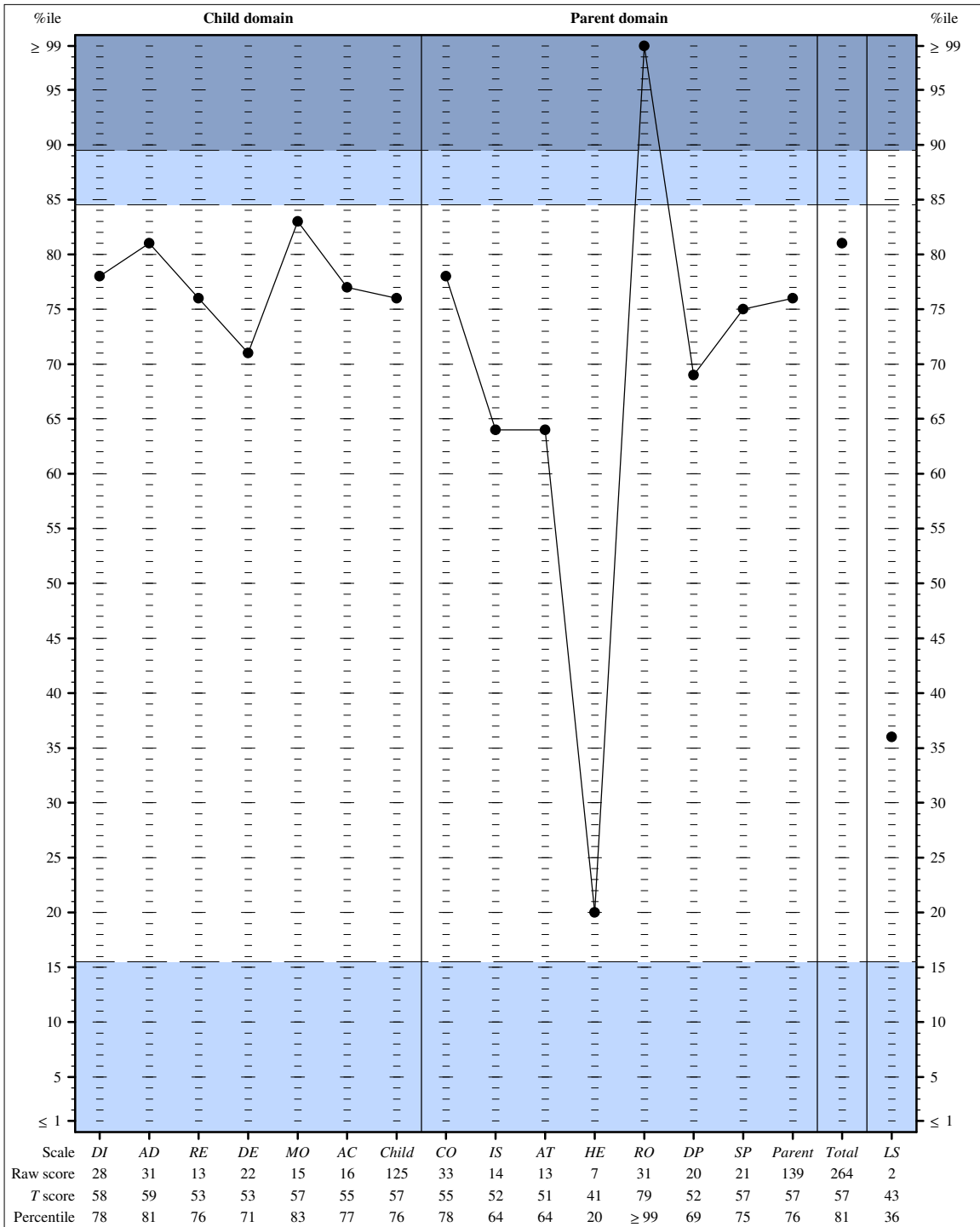
Gender: Female

**- Testing Information -**

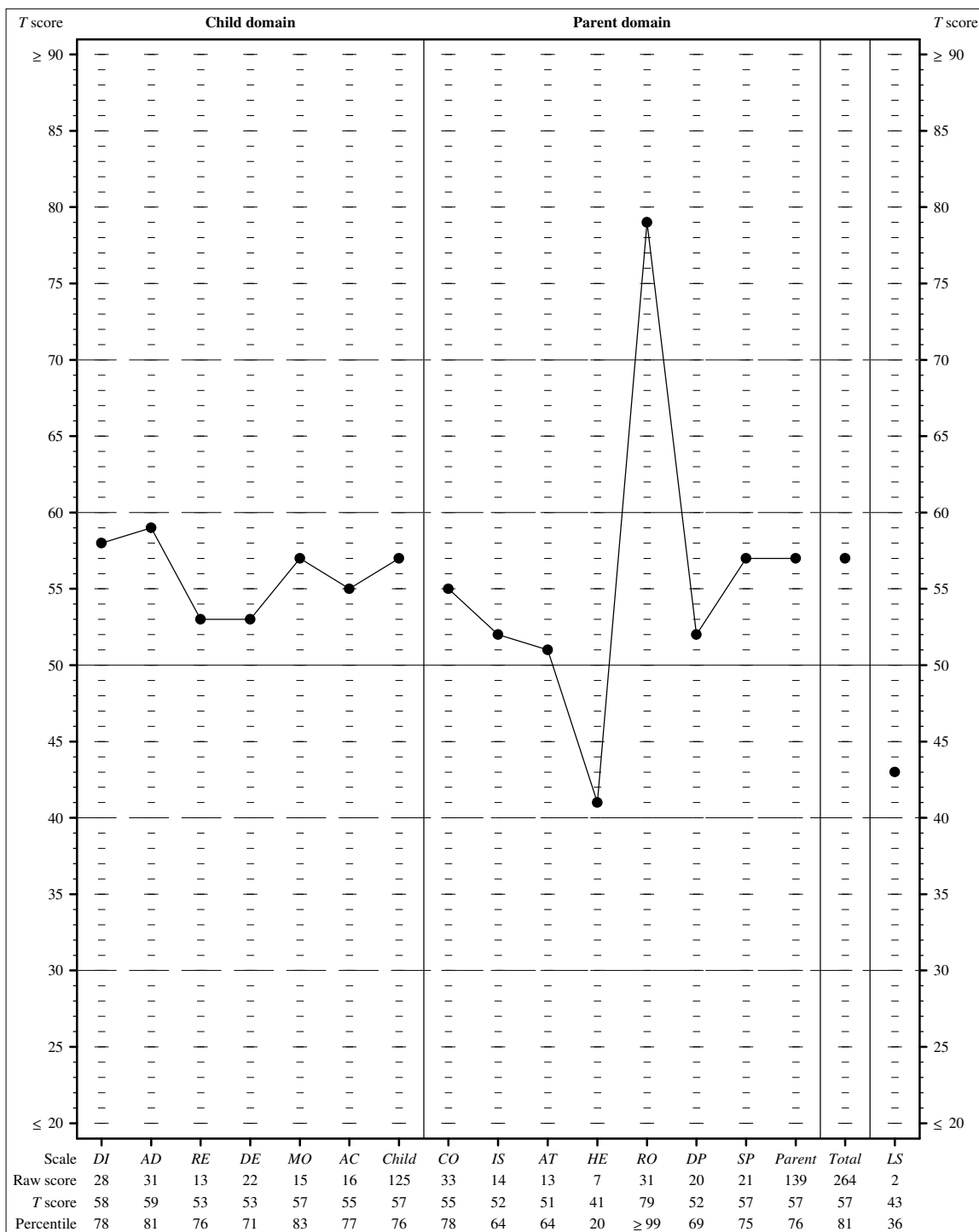
Test date: 01/07/2013

This report is intended for use by qualified professionals only and is not to be shared with the examinee or any other unqualified persons.

# PSI-4 Percentile Profile



# PSI-4 T-Score Profile



## Score Summary

Defensive Responding = 43.

*The Defensive Responding score is clinically significant when the raw score is 24 or lower.*

Scale	Raw score	Percentile <sup>a</sup>	T score
<b>Total Stress</b>	<b>264</b>	<b>81</b>	<b>57</b>
<b>Child Domain</b>	<b>125</b>	<b>76</b>	<b>57</b>
Distractibility/Hyperactivity (DI)	28	78	58
Adaptability (AD)	31	81	59
Reinforces Parent (RE)	13	76	53
Demandingness (DE)	22	71	53
Mood (MO)	15	83	57
Acceptability (AC)	16	77	55
<b>Parent Domain</b>	<b>139</b>	<b>76</b>	<b>57</b>
Competence (CO)	33	78	55
Isolation (IS)	14	64	52
Attachment (AT)	13	64	51
Health (HE)	7	20	41
Role Restriction (RO)	31	≥ 99	79
Depression (DP)	20	69	52
Spouse/Parenting Partner Relationship (SP)	21	75	57
<b>Life Stress (LS)</b>	<b>2</b>	<b>36</b>	<b>43</b>

- <sup>a</sup> 16<sup>th</sup> – 84<sup>th</sup> percentile = normal range  
 85<sup>th</sup> – 89<sup>th</sup> percentile = high range  
 90<sup>th</sup> percentile or higher = clinically significant range

## Validity of Protocol

This appears to be a valid protocol. (Defensive Responding = 43.)

## Interpretation of Protocol

This parent is experiencing somewhat more stress than the average parent; some specific difficulties in terms of either the child's characteristics or the parent's characteristics may be present. These difficulties will be indicated by percentiles above the 85th percentile in individual subscales.

**Distractibility /  
Hyperactivity**

This child appears to have at least an average attention span and does not show signs of excessive activity.

**Adaptability**

This child may exhibit problems in adjusting to certain routines (e.g., sleeping). These problems are usually not severe; for the most part, this child is reasonably adaptable and plastic.

**Reinforces Parent**

This child behaves toward his or her parent in such a way that the parent feels reinforced and a sense of closeness is fostered in the relationship.

**Demandingness**

This child presents a number of demands for the parent's attention, including crying, whining, and/or misbehaving. Excessive dependence in the child and separation anxiety should be considered.

**Mood**

The parent must sometimes cope with negative emotionality in this child.

**Acceptability**

This child's physical, intellectual, and emotional characteristics meet the parent's expectations.

**Competence**

This parent appears reasonably confident in her child management skills and, although she experiences periodic swings in her confidence level, she remains in control of her child.

<b>Isolation</b>	The presence of a reasonably large social-emotional support network of friends and relatives represents a significant strength and resource for this parent.
<b>Attachment</b>	The attachment of this parent toward the child appears to be within normal limits. Problems with parent-child attachment are not expected to be present.
<b>Health</b>	This parent appears to be in reasonably good health and possesses the physical energy necessary to effectively handle her responsibilities as a parent.
<b>Role Restriction</b>	This parent experiences the restriction on her personal freedom, which occurs as a result of parenthood, as a major source of frustration. She sees herself as being controlled and dominated by her child's needs and demands. She often expresses concerns regarding the loss of her personal identity. Frequently, a strong undercurrent of resentment and anger generated by her frustration is evident and may be perceived by the child as a double message in many of the parent's communications. The Role Restriction subscale score obtained by parents of severely handicapped children must be interpreted carefully, in the benign direction.
<b>Depression</b>	This parent operates within normal limits with regard to mood. She appears to possess sufficient resiliency to bounce back from situational upsets.

**Spouse/Parenting  
Partner Relationship**

This parent has a reasonably positive relationship with her child's other parent. She feels basically supported and appreciated by the child's other parent in her relationship with the child.

**Life Stress**

This parent did not indicate that she experiences a significant number of major stressors originating outside the parent-child relationship. This could be viewed as a positive factor in relation to the parent's carrying out her parenting responsibilities.

## **Follow-Up Questions**

No follow-up items were strongly endorsed.

## **Recommendations**

On the basis of this profile, the following recommendations should be considered.

This parent should be given written material on child management. She has sufficient personal resources to build her sense of competence without psychotherapy or professional consultation.

Inquire about this parent's perception that her child cries too much or is too moody.

## PSI-4 Item Responses

Item	Response	Item	Response	Item	Response	Item	Response
1	A	31	A	61	A	91	D
2	A	32	A	62	D	92	SD
3	NS	33	D	63	D	93	D
4	A	34	SD	64	D	94	NS
5	NS	35	D	65	D	95	A
6	D	36	A	66	D	96	A
7	A	37	D	67	SD	97	SD
8	D	38	A	68	SA	98	SA
9	D	39	A	69	A	99	D
10	NS	40	1	70	A	100	SD
11	A	41	3	71	NS	101	D
12	D	42	2	72	SA	102	N
13	D	43	D	73	SA	103	N
14	D	44	A	74	SA	104	N
15	2	45	SD	75	D	105	N
16	3	46	D	76	D	106	N
17	D	47	NS	77	A	107	N
18	A	48	D	78	NS	108	N
19	D	49	A	79	D	109	N
20	A	50	D	80	D	110	Y
21	SD	51	SD	81	SD	111	N
22	A	52	D	82	NS	112	N
23	D	53	3	83	SD	113	N
24	D	54	A	84	A	114	N
25	A	55	D	85	A	115	N
26	SD	56	D	86	D	116	N
27	D	57	2	87	D	117	N
28	A	58	3	88	SA	118	N
29	A	59	3	89	D	119	N
30	NS	60	4	90	D	120	N

\*\*\* End of Report \*\*\*