



# Adolescent Stress Questionnaire: Reliability and validity of the Greek version and its description in a sample of high school (lyceum) students



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## ABSTRACT

Adolescence is a crucial phase of human life characterized by enhanced exposure and vulnerability to various stressful stimuli. The Adolescent Stress Questionnaire (ASQ) is a useful measure to evaluate possible sources of stressors affecting the adolescent equilibrium. The present study examines the scientific properties of the Greek version of ASQ to measure perceived stress among 250 Greek adolescents. The confirmatory factor analysis (CFA) results showed a good fit of the original structure of ASQ to the observed data in the Greek sample. A good internal reliability was also confirmed by high Cronbach's alpha values. In line with previous research, girls reported more stress than boys. Overall, the Greek ASQ is a valid and reliable instrument for evaluating adolescent stress.

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Adolescence has been characterized as a critical and discrete period of the life cycle (Susman & Dorn, 2009; Williams, Holmbeck, & Greenley, 2002). It is well documented that stress plays an important role in shaping adolescent health and well-being (Byrne, Davenport, & Mazanov, 2007; Moksnes, 2011; Romeo, 2010; Thoits, 2010). Levels of stress seem to increase from preadolescence to adolescence (Rudolph, 2002) and combined with inadequate coping, may induce stress's well-known effects (Chrousos, 2009; McLaughlin & Hatzenbuehler, 2009; Seiffge-Krenke, Aunola, & Nurmi, 2009).

Among interviews, checklists and self-report measures (Duggal et al., 2000), the Adolescent Stress Questionnaire (ASQ) has been shown to be valid for measuring adolescent stress in research and clinical contexts (Byrne et al., 2007; De Vriendt et al., 2011; Moksnes, Byrne, Mazanov, & Espnes, 2010; Moreno et al., 2008). The current study aimed to validate the Greek version of the ASQ.

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**Table 1**

Item content and results of the first and second-order confirmatory analyses of the Adolescent Stress Questionnaire (ASQ): standardized factor loadings of manifest variables and latent factors.

ASQ scales with items	Standardized factor loadings		
	1st-order model	2nd-order model	
	Manifest variables	Manifest variables	Latent factors
<b>Home life</b>			<b>0.87</b>
Disagreements between you and your father	0.50	0.51	
Not being taken seriously by your parents	0.49	0.49	
Little or no control over your life	0.47	0.47	
Abiding by petty rules at home	0.43	0.43	
Disagreements between your parents	0.76	0.76	
Arguments at home	0.73	0.73	
Disagreements between you and your mother	0.52	0.52	
Lack of trust from adults	0.65	0.65	
Parents expecting too much from you	0.74	0.74	
Parents hassling you about the way you look	0.70	0.70	
Living at home	0.77	0.77	
Lack of understanding by your parents	0.60	0.60	
<b>School performance</b>			<b>0.85</b>
Having to study things you do not understand	0.55	0.55	
Teachers expecting too much from you	0.69	0.69	
Keeping up with schoolwork	0.59	0.59	
Difficulty with certain subjects	0.73	0.73	
Having to concentrate too long during school hours	0.64	0.64	
Having to study things you are not interested in	0.52	0.52	
Pressure of study	0.75	0.75	
<b>School attendance</b>			<b>0.62</b>
Getting up early in the morning to go to school	0.58	0.58	
Compulsory school attendance	0.87	0.87	
Going to school	0.87	0.87	
<b>Romantic relationships</b>			<b>0.64</b>
Being ignored or rejected by the person you want to go out with	0.63	0.63	
Making the relationship with your boyfriend/girlfriend work	0.86	0.86	
Not having enough time for your boyfriend/girlfriend	0.89	0.89	
Getting along with your boyfriend/girlfriend	0.84	0.83	
Breaking up with your boyfriend/girlfriend	0.84	0.84	
<b>Peer pressure</b>			<b>0.79</b>
Being hassled for not fitting in	0.65	0.65	
Being judged by your friends	0.72	0.72	
Changes in your physical appearance with growing up	0.68	0.68	
Pressure to fit in with peers	0.65	0.65	
Satisfaction with how you look	0.75	0.75	
Peers hassling you about the way you look	0.71	0.70	
Disagreements between you and your peers	0.79	0.79	
<b>Teacher interaction</b>			<b>0.84</b>
Disagreements between you and your teachers	0.66	0.66	
Not getting enough timely feedback on schoolwork	0.67	0.68	
Teachers hassling you about the way you look	0.69	0.69	
Abiding by petty rules at school	0.59	0.59	
Not being listened to by teachers	0.75	0.75	
Lack of respect from teachers	0.71	0.71	
Getting along with your teachers	0.75	0.75	
<b>Future uncertainty</b>			<b>0.77</b>
Concern about your future	0.70	0.70	
Putting pressure on yourself to meet your future goals	0.78	0.77	
Having to make decisions about future work or education	0.73	0.73	
<b>School/leisure conflict</b>			<b>0.75</b>
Not having enough time for fun	0.63	0.63	
Not getting enough time for leisure	0.82	0.83	
Having too much homework	0.81	0.81	
Not enough time for activities outside of school hours	0.78	0.78	
Lack of freedom	0.67	0.68	

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