



Spanish Health Distress Scale

¿Cuánto tiempo durante la última semana...

	Ninguna vez	Muy pocas veces	Algunas veces	Ocasionalmente	La mayor parte del tiempo	Todo el tiempo
1. se sintió; desanimado(a) debido a sus problemas de salud?0		1	2	3	4	5
2. se sintió temeroso(a) acerca de su salud en el futuro?.....0		1	2	3	4	5
3. le preocupó su salud?.....0		1	2	3	4	5
4. se sintió frustrado(a) debido a sus problemas de salud?0		1	2	3	4	5

Scoring

Score each item as the number circled. If two consecutive numbers are circled, score the higher (more distress) number. If the numbers are not consecutive, do not score the item. The scale score is the mean of the four items. If more than 1 item missing, set the value of the scale to missing. Scores range from 0-5; higher score indicating more distress about health.

Characteristics

Tested on 551 Spanish-speaking subjects with chronic disease.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
4	0-5	2.29	1.43	.860	NA

Source of Psychometric Data

Stanford Spanish Chronic Disease Self-Management study (Tomando Control de su Salud). Psychometrics reported in: Lorig KR, Ritter PL, & González VM, Hispanic chronic disease self-management: A randomized community-based outcome trial. *Nursing Review*, in press.

Comments

This is the Spanish translation of the modified English version of the Medical Outcomes Study health distress scale. Reprinted with permission, Duke University Press.

References

Lorig KR, Ritter PL, & González VM, Hispanic chronic disease self-management: A randomized community-based outcome trial. *Nursing Review*, in press.

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Funded by the National Institute of Nursing Research (NINR)