

## **Mental Stress Management/Relaxation**

This tool used to measure Mental Stress Management/Relaxation Techniques is available through SMRC (Self-Management Resource Center).

Link to PDF of Mental Stress Management/Relaxation Techniques and information about the tool provided by SMRC:

<https://www.selfmanagementresource.com/docs/pdfs/English - relaxation.pdf>

### **References**

Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, Outcome Measures for Health Education and other Health Care Interventions. Thousand Oaks CA: Sage Publications, 1996, p.25,38.

### **Characteristics**

The Mental Stress Management/Relaxation Techniques tool is one question to measure how often patients are utilizing mental stress management and/or relaxation techniques. The question is open-ended to allow the patient to describe the technique they are utilizing. If the technique listed by the patient is not an appropriate technique, the tool is scored as "0". If the technique listed is an appropriate technique, the item is scored by the number of times it was used in the past week. "None" is scored as "1", 1-7 times/week is scored as "2", and 8 or more times/week is scored as "3". In a study of 1,129 subjects with chronic disease, the mean was 1.28 (SD =0.53).

### **Reliability and Validity**

In a study of 1,129 subjects with chronic disease, the test-retest reliability was 0.66.

### **Access and Cost Information**

This scale is free to use without permission from SMRC.