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## **Stress and Stressors Perception Inventory of Benzoni– SSPIB: One Tool for Identify the Psychological Stress and the Origin of Then**

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**Statement of the Problem:** The stress has great impact in the health of the population and in this field is important to understand the dynamic of manifestation and origin of then for appropriate interventions. The purpose of this work is to show the developing, validation and standardization of the “Stress and Stressors Perception Inventory of Benzoni– SSPIB” an instrument to identify the level of stress and the principal stressors.

**Methodology & Theoretical Orientation:** Starting from Lazarus model of stress, the SSPIB was constructed on the basis of analysis of 20 interviews (10 male and 10 female) adults with stress according to the Perceived Stress Scale. A total of 46 statements were derived from this analysis, referring to stressful situations in different areas of life. Each statement is evaluated on a Likert response scale indicating the degree of impact and the respondent’s ability to deal with the stressor it describes. The instrument was validated with a non-probabilistic sample comprised 450 adults, of both sexes, aged from 18 to 65 years. Who completed the instrument and also the Perceived Stress Scale, to enable criterion validation? The standardization was conducted with the same methodology and a stratified sample with 750 other adults.

**Findings:** Exploratory factor analysis identified 42 valid items and grouped them into eight stressors factors: financial; working environment; cognition and behaviors; family environment; health status; conditions for relaxation; workload and social relationship. These factors explained 64.5% of total variance. Cronbach’s alpha for the instrument was 0.94. The Pearson correlation of the total score of ASI with score of Perceived Stress Scale was  $r=0.8$ . The results of the validation study were repeated in the standardization study.

**Conclusion & Significance:** The SSPIB showed up a satisfactory and complete instrument for diagnosis and intervention in stress, with advantages over other instruments.

### **Recent publications**

1. Baqutayan, S. (2015) Stress and Coping Mechanisms: A Historical Overview. *Mediterranean Journal of Social Sciences*. 6 (2): 479.
2. Cohen, S., Kamarck, T. & Mermelstein, R. (1983) A global measure of perceived stress. *Journal of Health and Social Behavior*. 24: 385-96.
3. Cohen, S., Murphy, M. L.M., & Prather, A. A. (2019) Ten Surprising Facts About Stressful Life Events and Disease Risk. *Annu. Rev. Psychol.*, 70, 577–97.

### **Biography**

Paulo Eduardo Benzoni has him expertise in study of mechanisms of psychological stress. occupational stress and sick leave stress. Full professor and researcher at Universidade Paulista – UNIP/Brazil, where is Coordinator of Professional Master Psychology Institutional Practices in Mental Health and leader of Research Group of Mental Health in Institutional Contexts. Participant of Individual Research Program for Professors of Vice-Rector of Research and Postgraduate at Universidade Paulista-UNIP. Collaborator in research in “UAL – Universidade Autónoma de Lisboa” and the “Centre D’Etude et de Recherche en Santé Mentale et Travail” of Canada. Visiting Professor (Erasmus+) in Zagreb School of Business. Psychologist with master’s degree in Health Promotion and Doctorate in Psychology work with Cognitive Behavioral Therapy. He has a lot of articles, tools, books, and chapters about stress and cognitive behavioral therapy published.