**Combining checklist and interview approaches for assessing daily stressors: The Daily Inventory of Stressful Events.**

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**Citation**

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**Abstract**

There are features and events in the daily environment that pose risks to well-being, such as demanding work conditions, financial pressures, and work-family conflicts. Although the research community has accepted for some time the notion that daily stressor exposure is associated with poorer physical and mental health, it has been harder to establish with precision how specific features and events in the daily environment contribute to poorer health. Research addressing these issues requires comprehensive, reliable, and valid measures of stressor exposure that are relevant to the experiences of diverse groups. In this chapter, we review various daily stressor measures including checklist and open-ended narrative approaches. We also describe a new and innovative daily event assessment method, the Daily Inventory of Stressful Events, which is designed to examine multiple components of daily stressor exposure. A primary aim of this method is to capture variability across stressful situations, between persons of different groups, or within persons over a period of time. Capturing situational variability is vital to elucidating how stressors influence adaptation. Dohrenwend has detailed how situational variability is poorly captured by the traditional events checklist approach. A case in point is that not all arguments are the same. They vary in content, objective threat (shouting versus physical violence), and appraised meaning. The DISE is designed to capture intracategory variability across situations for stressful events such as arguments. This chapter will present findings documenting a great deal of variability in stressor severity across different types of stressors, as well as variability in severity within a specific type of stressor across days. The final portion of the chapter highlights the research potential of the DISE by comparing its validity to that of checklist approaches and by providing several examples of research using the DISE to assess daily stressors and well-being. (PsycInfo Database Record (c) 2023 APA, all rights reserved)