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## Psychometric Evaluation of the Perceived Stress Scale in Early Postmenopausal Chinese Women

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### ABSTRACT

Objective: The objective of this study was to examine the psychometric properties of the Perceived Stress Scale (PSS) in a population-based sample of early postmenopausal Chinese women in Hong Kong. Methods: 509 postmenopausal women, 50 to 64 years, recruited from the community through random telephone dialing were interviewed. The inter-view included the PSS, the Center of the Epidemiological Study of Depression Scale (CES-D), the State Trait Anxiety Inventory (STAI), the menopausal symptom checklist, and questions on sociodemographic characteristics and health behaviors. Principle component analysis was used to determine the component structure of the PSS items. The reliability related to internal consistency was measured by Cronbach' s alpha coefficient and test-retest by intra-class correlation coefficients. Construct validity was investigated with subgroup comparisons on the basis of sociodemographic characteristics, and through correlations with the CES-D, the STAI, menopausal symptoms, and health behaviors. Results: Principle component analysis of the PSS showed that the scale consisted of 2 factors, which explained 52% of variance. Internal consistency was adequate (Cronbach' s  $\alpha = 0.81$ ) and the test-retest reliability after an interval of 2 weeks was 0.86. The PSS distinguished well, and in the expected manner, between subgroups on the basis of age, work status, and marital status, providing evidence of construct validity. The PSS was also correlated with CES-D, STAI, menopausal symptoms, and health behaviors; hence the construct validity was further supported. Conclusions: The PSS appears to be a psychometrically sound instrument for measuring psychological perceived stress for Chinese women in midlife.

### KEYWORDS

Perceived Stress Scale, Validity, Reliability, Postmenopausal Women, Chinese

### Cite this paper

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