

Hassles and Mood Inventory Form Instructions
WSI, CES, CHO AND STX
VERSION A, 08/08/2000
QxQ Date 02/23/2001

I. GENERAL INSTRUCTIONS

The Hassles and Mood Inventory is completed by the participant in their home after the baseline clinic visit. If there is time and the participant desires, it can be completed during the baseline clinic visit. The statement below should be read to all participants before providing them with the Hassles and Mood take home questionnaires.

General Statement to Participants

“We are asking that you complete this packet of questionnaires at home. In the packet are questions about how much stress you are under, your mood, and how you typically deal with strong emotions, such as anger. We are interested in your answers to these questions because we want to find out whether stress and strong emotions are related to heart disease.

This packet has several parts to it. At the beginning of each part, there will be instructions telling you how to answer the questions. Please take your time to answer each question carefully. Please do not skip any questions. There are no right or wrong answers. We are interested in your feelings and opinions.

If you do not understand the instructions for one of the questionnaires or do not understand one of the questions, please tell the Jackson Heart Study staff member when they come to pick up your packet. They will be happy to help you. Thank you for filling out these questionnaires.”

Picking-up the Questionnaires

When picking up the Take Home Questionnaires, check to make sure that all items on each questionnaire were answered. If there are blank items, offer the participant the opportunity to complete the item(s). “Mr. Or Mrs. Participant, I’ve noticed that some of the questions were left blank. Would you mind answering these for me now.” If the participant left the items blank intentionally, the interviewer should explain the rationale to the participant again, and reassure the participant about confidentiality. If the participant does not feel comfortable answering the questions for some reason, this should be noted and the participant thanked for pointing out their concerns.

Answering Participants Questions

Participants may have questions about particular items. The interviewer should read the item again and provide a neutral prompt, such as “Answer what’s right for you” or “Answer what makes the most sense to you.”

Most of the terms used in the various rating scales (e.g., almost never, almost always, most of the time, rarely, etc.) are left to the participant’s subjective perception of what these mean. If the participant has a question about the scaling on a particular questionnaire, the interviewer should provide only neutral information, such as “Use it the way you would normally use it in conversation.” Remind the participant that there are no right or wrong answers to the questions, and that we are simply interested in their views.

If the participant has questions about a particular item or requires assistance completing the questionnaire (illiteracy or visual deficit), keep in mind that many of these questions are quite personal, and may be perceived as sensitive or potentially embarrassing to the participant. Read all questions in a neutral, non-judgmental tone.

When the response categories are repetitive (such as “True or False” or “Yes or No”), and the participant appears to understand the questions and provides reasonable answers, the interviewer may choose not to read the response categories to every question.