

THE STRESS RESPONSE IN SCHOLAR ADOLESCENTS THROUGH THE STUDENT STRESS INVENTORY - STRESS MANIFESTATIONS

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The main purpose of this study was to analyze the stress response in adolescents at school and also the psychometric properties of the Student Stress Inventory - Stress Manifestations (SSI-SM) scores in a large sample of adolescents. The sample comprised a total of 908 students (324 were male), with a mean age of 14.61 years ($SD = 1.71$) from Navarra and La Rioja (Spain). Statistically significant differences were found between mean scores of SSI-SM by gender and age. The results indicated that the SSI-SM scores presented adequate psychometric properties. Analysis of the internal structure of the SSI-SM scores, through confirmatory factorial analysis, showed that the three dimensional structure solution as the most satisfactory model. SSI-SM subscales were correlated with emotional and behavioural symptoms. These results provided new sources of validity evidence of the SSI-SM scores. The SSI-SM seems to be a useful, brief, and easy to administrate self-report instrument for the screening of stress manifestations at school settings. The assessment of stress symptomatology in young populations permits the better understanding of this psychological construct, as well as the possibility of having too at our disposal instruments with psychometric guarantees which permit early evaluation and intervention in these types of participants.