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Differences Between Peacekeeper and Non-Peacekeeper

Spousal Stress:

An Exploratory Study

by

Colin J. Mombourquette

A THESIS

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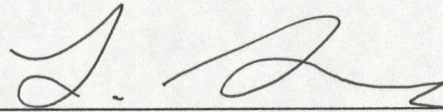
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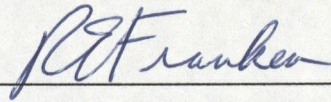
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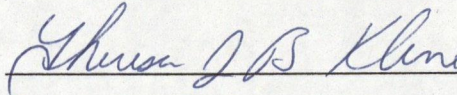
The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies for acceptance, a thesis entitled "Differences Between Peacekeeper and Non-Peacekeeper Spousal Stress: An Exploratory Study" submitted by Colin Mombourquette in partial fulfilment of the requirements for the degree of Master of Science.



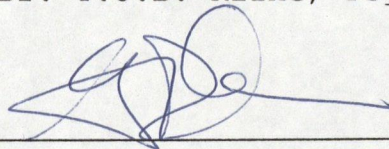
Supervisor, Dr. L.M. Sulsky, Psychology



Dr. R.E. Franken, Psychology



Dr. T.J.B. Kline, Psychology



Dr. G.D. Olsen, Management

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Date

Abstract

The objectives of this study were twofold. First, I conducted a psychometric evaluation of a revised Military Family Life/Work Stress Inventory using data from a contemporary sample of Canadian military spouses. Second, potential differences between peacekeeping and non-peacekeeping spouses concerning their perceptions of stressors (e.g., financial, marital, occupational) and various strains (e.g., depression, anxiety) were explored. The instruments were psychometrically acceptable, although scale modifications were made based upon reliability analyses. The spouses of 255 personnel serving at a Canadian Army base completed the revised inventory and self-report measure of strains. Results indicated that peacekeeping spouses reported higher stressor levels; however, they also reported lower levels of psychological distress. The discussion considers implications of the results and suggests avenues for future research.

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The completion of this thesis required many hours of work, a time commitment that was willingly made by my wife, Arlene, and my children, Steven, Nicole, and Patrick. Once again, thank you for your unwavering support, love, and understanding.

To my wife, Arlene, my mother, Theresa, my mother-in-law, Edna-Lou, all of the other supportive military wives I have encountered during my career, and to the military spouses who completed my survey, you are the backbone of the Canadian Forces and I would like to acknowledge the unselfish sacrifices you have made in support of our country.

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Differences Between Peacekeeper and Non-Peacekeeper Spousal Stress: An Exploratory Study

The old adage, "you don't marry a soldier, you marry the army" provides some insight into the lives of military spouses. They follow nomadic lifestyles that involve numerous transfers and their military spouses often are absent for substantial amounts of time on field training exercises, military career courses, and peacekeeping duties. During such absences, military spouses generally take full responsibility for household and family matters. When a military member departs on a peacekeeping mission, usually of six or twelve months duration, new stressors are created and old ones are often greatly magnified. A stay-behind spouse may also experience a reduction in coping mechanisms due to the absence of his or her marital partner. To compound these problems, low-ranked military personnel often receive low pay. In the words of Brigadier General James Cox, "We have a handful of soldiers below the poverty line, in terms of care and feeding of their families" (as quoted in Bergen, 1994, p. B1).

At present, the Canadian Forces (CF) does not have a readily available inventory that can provide measures of the types of stressors and the types and magnitudes of strains (i.e., increased substance use/abuse or deteriorated health)

these stressors have on CF spouses. Such an inventory could be used by Family Support Centre counsellors or Base Social Workers when working with individual clients. From an organizational perspective, Base and Unit commanders could use group information when deciding upon the allocation of scarce resources in support of military families. For example, if lack of information about soldiers employed on peacekeeping duties is a significant stressor for their spouses, commanders could take steps to address this concern within their respective organizations. It was for these reasons that I decided to conduct research into military spousal stress. The focus of this research was on a psychometric analysis and revision the 1983 Military Family Life/Work Stress Inventory (Directorate of Social and Economic Analysis, 1983) and an exploration into the differences between peacekeeping and non-peacekeeping spouses with respect to stressors and strains.

The Stress Process

Stress is one of the more frequently encountered topics in the psychological, sociological, medical, and organizational literatures. For example, a recent computer-based literature search, using CD-ROM, identified over 57,000 scientific journal articles and books, published from 1966 to 1994, that include the topic of stress.

To establish a common frame-of-reference, a conceptual understanding of the stress process is necessary.

Walter Cannon (as cited in Frankenhaeuser, 1986; Janis, Defares, & Grossman, 1983; Lazarus, 1966) coined the phrase "flight-or-fight" to describe an organism's response to a threatening situation. He recognized that homeostatic processes were at work in the body and that, after responding to external threats, activated bodily systems (e.g., increased heart rate) returned to a normal state.

Many definitions of stress abound; for example, one of the earliest describes stress as "the non-specific response of the body to any demand" (Selye, 1956/1976, p. 55). Through his research Selye found that, when exposed to noxious stimuli, virtually all of an organism's systems responded. Regardless of the nature of the stimuli, similar responses were found time and time again, both in animal and human subjects. Selye identified a number of areas that produced both physiological and psychological stress reactions in human subjects, including occupation, climate, and environment. Selye also coined the term "THE STRESS OF LIFE," (p. 460) to refer to a process that is inseparable from life itself. Although there have been criticisms of some of Selye's work (see for e.g., Mikhail, 1981), his research is still frequently cited today (e.g., Appley &

Trumbull, 1986; Cooper, 1983; Cooper & Payne, 1991; Lin, Dean, & Ensel, 1986).

While Selye's (1956/1976) research concentrated mainly on the physiological manifestations of the stress response, Richard Lazarus (1966) focused on expanding the understanding of stress and coping from a psychological perspective. He advanced the concept of stress as a transactional process that involves appraisal of the stressor and, if necessary, responding by some form of coping. He stated that "stress alone is not a sufficient cause of disease ... other conditions must also be present such as vulnerable tissues or coping processes that inadequately manage the stress" (Lazarus & Folkman, 1984, p. 18). In their book, "Stress, Appraisal, and Coping" Lazarus and Folkman discussed the myriad causes of the stress response, including catastrophic events, major life changes, and daily hassles. They emphasized that it was not necessarily the event, but an individual's perception of the event, real or imagined, and how they coped with this perception that influenced the stress response. Mirsky (as cited in Lazarus, 1966) stated that "almost every energy transformation can be interpreted to be a stressful phenomenon" (p. 3). Stress outcomes, also referred to as strains in this paper, may take a myriad of forms, including

physiological, behavioural, emotional, and psychological (Calhoun & Calhoun, 1983).

Organizational Stress

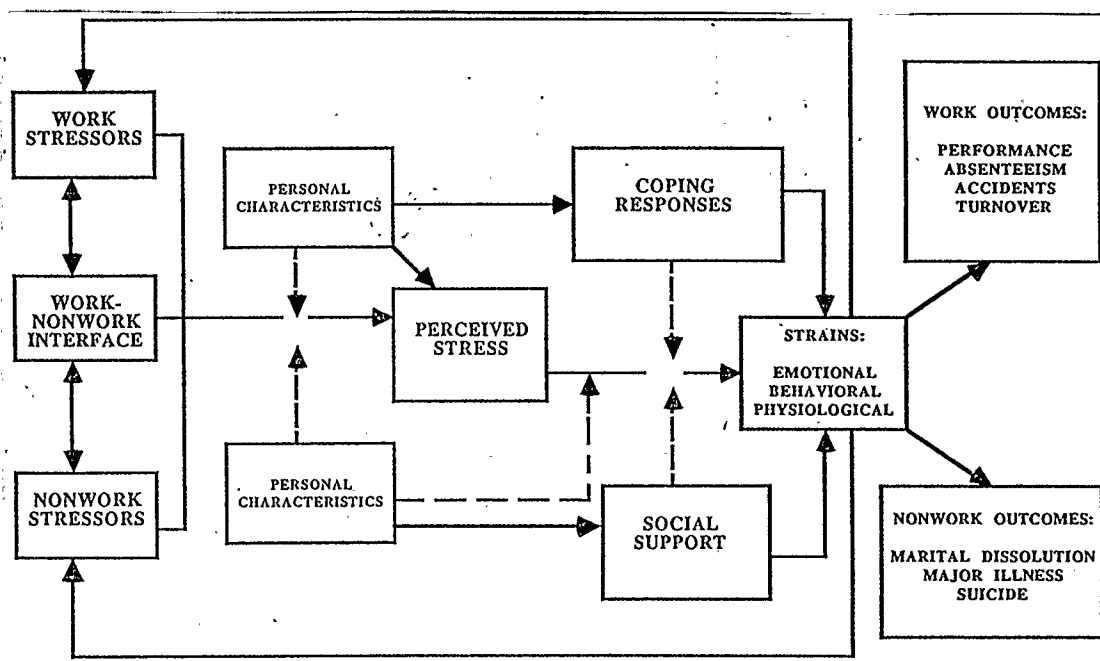
The work place has played a prominent role throughout the history of stress research (Beehr & Franz, 1987; Hill, 1949; Kasl & Wells, 1985; Selye, 1956/1976). Job stress, according to Beehr & Franz (1987), has been studied from medical, clinical, engineering, and organizational psychological perspectives. The first two perspectives have primarily focused on the individual while the latter two have concentrated on the organization.

Of interest to organizations, however, are the specific types of influences that elicit stress responses (termed stressors) in employees and the effects these responses have on work performance (Ganster & Schaubroeck, 1991). Early organizational stress research often focused on an awareness (Lazarus, 1966) of chronic work-related stressors (Kahn, Wolfe, Quinn, Snock, & Rosenthal, 1964). Research, however, tended to ignore the fact that there is an interactive effect of stress emanating from the work place and from elsewhere (e.g., family). Indeed, Kasl and Wells (1985) commented that "research on work and family has been quite segregated and it is not common to find a study focusing equally on both roles" (p. 186). They also conceptualized

stress as fluid-like and capable of spilling over from one area to the other.

Greenhaus and Parasuraman (1987) attempted to address these concerns and proposed a work/non-work model of stress that is presented in Figure 1. In this model, work and non-work stressors are allowed to interact and "personal characteristics, such as high self-esteem, an internal locus of control, and a feeling of personal hardiness, can affect the way people interpret the environment and thereby determine the degree of stress that is experienced" (Greenhaus & Parasuraman, 1987. p. 40). Coping and social support also act as mediators between stressors and strains; however, stressors are generally seen as correlated with work and non-work strains.

Figure 1 Sources and Consequences of Work-Nonwork Stress.



Note. From "A work-nonwork interactive perspective of stress and its consequences," by J.H. Greenhaus and S. Parasuraman, 1987, In J.M. Ivancevich and D.C. Ganster (Eds.) Job stress: From theory to suggestion. p. 39. Copyright 1987 by Haworth Press.

The model proposed by Greenhaus and Parasuraman (1987) was intended to be a general one. That is, the model was not designed to be specific to a homogenous group of employees or to a specific occupation. Nonetheless, it is important to realize that specific jobs and organizations

may differ greatly in terms of the salient stressors affecting employees.

Ganster and Schaubroeck (1991) identified a "general trend in the job stress literature: there is a proliferation of idiographic studies whose aim is to discover and analyse the specific sources of stress in particular occupations" (p. 241). Organization-specific stress research often adopts a stress model as a framework and attempts to find stressors and strains unique to the organization under study, such as mental hospital workers (Leiter, 1991), nurses (McGrath, Reid, & Boore, 1989), and teachers (Schonfeld, 1990).

Stress Research and the Military

Military organizations have long recognized the detrimental effects of stress and research into military stress has been commonplace (see for e.g., Hill, 1949; Kaslow & Ridenour, 1984; Lieberman, 1971; Sadacca, McCloy, & DiFazio, 1993). In a recent study by Sadacca, et al. (1993), factors such as rank and leadership were found to account for statistically significant variance in combat readiness; however, "the amount of support provided soldiers and families by their units is a key determiner of readiness" (p. 53). Schumm, Bell, and Tran (as cited in Bell, Schumm, Elig, Palmer-Johnson, & Tisak, 1993) found

that soldiers whose families cope better "worry less and therefore not only do better in combat but also will be less likely to become psychiatric casualties" (p. 17). In a study of battle exhaustion in the Canadian Army during World War II, Copp and McAndrew (1990), noted that, of ordinary events, marital problems had the most pronounced effect. Rosen and Durand (in press) also found that "the spouses' wish for the soldier to stay in or leave the Army was the major predictor of reenlistment" (p. 16). Research and anecdotal evidence connecting the family to combat readiness, combat performance, and reenlistment triggered research on the military family (Rosen & Durand, in press; Hill, 1949; Popoff, et al., 1982).

In summary, military stress research has adopted a macro-analytic perspective whereby the entire family, including spouses of service personnel, is considered when stress is examined. This underscores the idea that stress in the military context is really a family issue - the proper unit of analysis is the family insomuch as the spillover effects of stress on the family can be quite profound.

Military Spousal Research

In 1949, Reuben Hill published a report of World War II military families, "Families Under Stress." This seminal

study followed 132 families where the husband had been temporarily absent for military duty reasons during World War II. Hill (1949) attempted to identify and analyse "(1) data concerning the situations families faced, with (2) data concerning the family organization and family characteristics themselves, with (3) data reflecting how well families adjusted to these situations" (Hill, 1949, p. 105). This model became known as the ABC-X model of family stress where A - the event, interacting with B - the family's crisis meeting resources, interacting with C - the definition the family makes of the event, produces X - the crisis (McCubbin & Patterson, 1982, p. 27).

This model has been subjected to continuous study and refinement since its inception (Boss, 1988; McCubbin, Cauble, & Patterson, 1982; McCubbin, Sussman, & Patterson, 1983). Research based upon this model typically attempts to obtain measures of (1) stressors present in an individual's life (i.e., events perceived as negative by the respondent); (2) the extent to which stressors are perceived or cognitively evaluated as being negative; (3) coping mechanisms (i.e., social support, psychological resources, and coping behaviours); and (4) strains (reported levels of stress, health, or behavioural outcomes).

Pearlin and Schooler (1978) and Pearlin, Menaghan, Lieberman, and Mullan (1981) used a similar theoretical

framework in their stress research; however, they referred to coping in a broader perspective and presented the concept of mediating resources. They also conducted research that supported the idea that stress processes occurred in different life-role areas, such as occupation, marriage, and parenthood. This perspective describes interrelated life-role areas that have some commonalities while, at the same time, having distinctive characteristics (Barling & Rosenbaum, 1986; Earle, et al., 1989; Pearlin & Schooler, 1978; Pearlin, et al. 1981; Vingerhoets, 1985). For example, worries over financial problems can cross marital and work boundaries (Greenhaus, & Parasuraman, 1987); however, work-based social support may be of no assistance in dealing with children's disciplinary problems at home (Pearlin & Schooler, 1978).

Military spouses pursue lives that, in many ways, mirror those of civilian spouses. They function as spouses, parents, and workers, they reside in varying types of communities, and are exposed to everyday societal stressors. Hill (1949) recognized commonalities among families, but also acknowledged and researched environmental factors unique to military families. Military spouses develop their group identity because they share a set of common experiences that are not accessible to other members of society. These unique experiences include: (1) marriage to

someone in uniform, (2) lack of control over their spouse's job transfers, (3) the opportunity to live in military married communities, and (4) the possibility that their spouse could be sent away for extended periods for career training courses, peacekeeping missions, humanitarian missions, or war. Inherent in all of this is an awareness that service members are trained for battle and could be required to make the supreme sacrifice at any time.

Research on the military family has focused mainly on specific sub-groups (e.g., wives, children) in specific situations, such as extended military exercises and mobilizations (Finn, 1987; Frankel, Snowden, & Nelson, 1992; Rosen, Westhuis, & Teitelbaum, in press). Military spousal research has provided valuable information concerning members of specific groups affected by military separations; however, comparisons between spouses of deployed and non-deployed service personnel with respect to various aspects of the stress process are lacking.

Such comparisons are useful because an increase in the stressors or strains experienced by the spouses of deployed service personnel, such as during United Nations peacekeeping missions, can adversely affect the operational effectiveness of the military unit. Identification of stressors and strains related to deployments may permit military commanders and military family support personnel

and organizations to address and potentially minimize these stressors and strains, thereby enhancing the ability of service personnel to function effectively during operations.

The 1994 peacekeeping mission under study in this research project was to the former Yugoslavia. The nature of this peacekeeping mission and how it differed from "traditional" peacekeeping missions is a variable that may have influenced stressors and strains experienced and coping mechanisms used by peacekeeping spouses. During the 1970s and 1980s, peacekeeping missions typically centered on United Nations (UN) soldiers establishing observation posts between two warring factions who had a mutual desire to cease hostilities (e.g., Cyprus). During the 1990s; however, the CF has deployed troops into theatres of active combat where atrocities against military and civilian personnel were commonplace (e.g., Kuwait, Somalia, Rwanda, Cambodia, and the former Yugoslavia). Peacekeepers in this sample had been, for the most part, deployed to the former Yugoslavia.

Traditional peacekeeping missions typically involved minimal threat to the physical and/or psychological well-being of peacekeepers. On the other hand, recent missions, including that to the former Yugoslavia, have involved frequent exposure to hidden minefields, snipers, artillery, host country military and civilian casualties, and Canadian

and other UN peacekeeping casualties. Although this research focused on the spouses of soldiers deployed to one area of conflict, different types of conflict may influence the stress process in military spouses.

Research Objectives

This research was designed to compare peacekeeper with non-peacekeeper spouses with respect to stressors and strains. Prior to conducting these comparisons it was necessary to evaluate the psychometric properties of an adapted CF Military Spousal Stress Survey (MSSS) when administered to a sample of contemporary Canadian military spouses (see Appendix A).

Hypotheses

Popoff & Truscott (1986) found that military-forced separations accounted for significant variation in measures of emotional distress in Canadian military spouses. Lagrone (1978) also found that military members' absences on duty were the most severe stressor for their spouses and children. It was therefore hypothesized that peacekeeper's spouses, as compared to non-peacekeeper's spouses, would report (1) stressors of greater perceived magnitude and (2) greater psychological distress (e.g., anxiety and depression).

Method

Subjects

Subjects consisted of 255 spouses of military members stationed at a Canadian Forces Base in a Western Canadian city. Due to incomplete data, surveys from three subjects were excluded. Thus, the data collected for 252 subjects (242 wives and 10 husbands) were used for the present study.

The personnel database provided to the researcher contained information on 1459 military personnel who were married or living in common-law relationships. Data were unavailable for seven personnel regarding gender. The Procedure section will provide detailed information concerning survey administration; however, I attempted to canvass all of the military spouses and received 255 completed surveys.

Demographic information provided by survey respondents suggests that they represent this base's spousal population. Demographic information reported in Table 1 and other, more detailed, comparisons not reported here, suggest that no systematic response bias operated within this sample. For example, approximately 66% of the base's military members were absent on peacekeeping duties during 1994 and 65.5% of the respondents reported that they or their spouse had peacekeeping experience. Additionally, multiple cross tabulations, using the variables of sex, spouse's rank,

spouse's unit type, spouse's occupation, and marital status, resulted in similar percentages for the base population and the sample.

Table 1

Survey Respondent Demographics as Compared to the Base
Military Spousal Population

	Spousal Population		Spousal Sample	
	Female	Male	Female	Male
Marital Status	n = 1452		n = 252	
Married	1263 (87%)	119 (8%)	228 (90%)	10 (4%)
Common-Law	62 (4%)	8 (1%)	14 (6%)	0 (0%)
Type of Housing	n = 1452		n = 249	
Military Quarters	628 (43%)	42 (3%)	135 (54%)	5 (2%)
Civilian Housing	697 (48%)	85 (6%)	105 (42%)	4 (2%)
Spouse's Rank	n = 1452		n = 245	
Non-Commissioned Member	1172 (81%)	115 (8%)	189 (77%)	9 (4%)
Officer	153 (10%)	12 (1%)	47 (19%)	0 (0%)

Note: Percentages represent the proportion of the n within each cell.

Materials

The 1983 Military Family Life/Work Stress Inventory (MFLWSI), as developed by researchers at Canada's National Defence Headquarters, formed the basis of the instrumentation used in this research. The inventory was

designed around family stress scales developed by Pearlin and Schooler (1978) and was augmented by scales specific to a military population. Goals of the survey are broad; it was designed to study the "impact of the family on the performance of military personnel" and "how (the family is) involved in the decision to continue in a military career or to withdraw into a different and possibly less stressful environment" (Popoff, Huser & Truscott, 1982, p. 2). The inventory was designed for administration to military members and their spouses. Some sub-scales are therefore only for completion by military members.

The population of interest in the present study was Canadian military spouses; therefore, the original inventory was revised to and only those scales and items applicable to these spouses were retained. Rewording some items to render them gender neutral was also necessary and other items were changed to reflect current military terminology. Lastly, the inventory was renamed the "Military Spousal Stress Survey" (MSSS).

Life-role area stressor scales. The MSSS consists of items designed to measure the presence and perceived magnitude of stressors and the use of coping mechanisms in the following 11 life-role areas: (1) Occupation, (2) Dual Career Couples, (3) Marriage in General, (4) Marriage to

Someone in the Forces, (5) Civilian Unemployment/Homemaker, (6) Parenthood, (7) Finances, (8) Postings/Mobility, (9) Military Forced Separations, (10) Housing and Community Life, and (11) Military Lifestyle.

As can be ascertained from these headings, not all scales were relevant to all respondents. For example, childless spouses did not complete the parenthood scale. It is acknowledged that these areas did not cover all of the potential life-roles experienced by military spouses. Based upon exploratory interviews with military members and their spouses, however, Popoff, Hysert, & Truscott (1982) identified these areas as the most salient. It is also recognized that items contained in each life-role scale were not exhaustive and were selected to represent the most commonly experienced stressors and the most commonly used coping mechanisms in a military and military spousal population. Most items contained a four-point Likert-type scale with an N/A option if that item did not apply. For example, the following are three types of scale anchors used: (1) Never or Almost Never, Once in a While, Fairly Often, and Often; (2) Much Better, Somewhat Better, About the Same, and Not as Good; and (3) Strongly Agree, Somewhat Agree, Somewhat Disagree, and Strongly Disagree. Scales included both positively and negatively worded items.

Dupuy's General Well-Being (GWB) Schedule. The outcome measure for this research was a version of Dupuy's (as cited in McDowell & Newell, 1987) General Well-Being (GWB) Schedule included in the MSSS. This inventory is a survey instrument designed to measure psychological well-being and distress. Respondents are asked to answer each question with respect to feelings or experiences that occurred within the one-month period preceding the completion of the instrument. The total score may be used as an overall measure of distress or scores on six sub-scales may be derived. The sub-scales are titled: "Anxiety, Depression, Positive Well-Being, Self-Control, Vitality, and General Health" (McDowell & Newell, 1987, p. 126).

Dupuy's (as cited in McDowell & Newell, 1987) original scale included a six-point Likert-type scale for 14 of the items and a 10-point scale for the remaining four items. In the version used by the military, 22 items were responded to using a four-point Likert-type scale. Without psychometric data on the additional 4 items, however, I restricted my analyses to the original 18 items. Factor analysis and reliability data not reported here corroborated the existence of six heterogeneous sub-scales as identified above.

The overall score was derived as the sum of the 18 GWB item scores and sub-scale scores were derived as the means

of the items associated with each sub-scale. Means were used because sub-scales differed in the number of items. Fazio's study (as cited in McDowell & Newell, 1987) found that GWB total and sub-scale scores were highly correlated with numerous depression and anxiety scales. This information led me to suspect that the total and sub-scores would all be correlated. These correlations are reported in Table 2.

Table 2

General Well-Being Overall and Sub-Scale Correlations

GWB Total		Sub-Scales				
Score	1	2	3	4	5	
1	.8306**					
2	.8348**	.6475**				
3	.7969**	.5293**	.6480**			
4	.7808**	.5784**	.6905**	.6380**		
5	.8166**	.6015**	.6055**	.6382**	.5191**	
6	.6426**	.4726**	.3885**	.4349**	.3502**	.5516**

Note. * - Sig $\leq .05$ ** - Sig $\leq .01$ (2-tailed) Sub-scale names (1) Anxiety, (2) Depression, (3) Positive Well-Being, (4) Self-Control, (5) Vitality, and (6) General Health.

McDowell and Newell (1987) reported United States national GWB adult reference standards for the overall score, based on a range of scores from 0 - 110. In those standards, 71% scored 73 or higher and were categorized as

reporting "Positive Well-Being," 15.5% scored between 61 and 72 and were categorized as "Moderately Distressed," and 13.5% were below 61 and categorized as "Severely Distressed" (McDowell & Newell, 1987, p. 126). The GWB version used in the MSSS was scored by taking the sum of the 18 responses and then subtracting 18 from total scores to provide a possible range of scores from 0 to 54. The scoring on this version is the reverse of Dupuy's (as cited in McDowell & Newell, 1987) original scale, the higher the score, the higher the reported level of distress. Using the upper and lower category percentages referred to by McDowell and Newell (1987), I calculated category ranges for the MSSS GWB. They were, 0 to 20 "Positive Well-Being," 21 to 27 "Moderately Distressed," and 28 to 54 "Severely Distressed." The percentages of subjects from this study that fell into each category are presented in Table 3.

Table 3

Comparison of Military Spousal Responses with the United States GWB Adult Norms

	US Adult Norms	Military Spouses	
	Percentage	Percentage	N
Positive Well-Being	71.0%	66.9%	168
Moderate Distress	15.5%	21.1%	54
Severe Distress	13.5%	10.0%	25

Note: US adult norms were taken from McDowell and Newell (1987) p. 126.

Procedure

The MSSS was prepared for distribution to all 1452 spouses listed on the computer database. An introductory letter accompanied each survey along with a pre-addressed, return envelope. A plan to mail the surveys to all military spouses could not be effected due to budget constraints. Surveys were mailed, however, to 107 randomly selected military spouses out of 782 who were living in civilian accommodation. Of this number, nine were returned unopened due to incorrect addresses. Of the remaining 98 commercially mailed surveys, 25 or 25.5% were returned by way of post.

Surveys were distributed, care of service members through the internal base mail system, to the remaining 675

spouses who resided in non-military accommodation. For various reasons, including personnel having been released from the CF or transferred, 41 surveys were returned unopened. Of the remaining 634 surveys, 109 or 17.2% were returned.

Surveys were hand delivered to the 670 spouses who resided in military married quarters (MQs). Of this number, 57 were undeliverable and 140, or 22.8% of delivered surveys were returned.

Overall, 107 surveys were returned as undeliverable, leaving 1352 potential respondents. The 255 returned surveys therefore represent a response rate of 18.9%. Of note, the return rates of surveys delivered directly to homes were greater than that the group of surveys delivered by way of military unit (25.5% and 22.8% versus 17.2%). The return rate of surveys that included postage-paid return envelopes was greater than the return rates of those groups required to return surveys to the base (25.5% versus 22.8% and 17.2%).

Results

Psychometric Analysis of the Instrumentation

The first objective of this study was to conduct a psychometric evaluation of a revised version of the MFLWSI. The source document for the initial part of this analysis was a partial listing of Principal Component Analyses with

Varimax Rotations that Pearlin and Schooler (1978) used to identify Occupational, Marital, Parental, and Financial life-role stressor sub-scales. These authors described the development of the sub-scales for each area and provided the theoretical and empirical rationale for the final product. These four scales appeared verbatim in the 1983 MFLWSI along with seven similar scales, some of which were developed specifically for Canadian military and military spousal populations. These additional scales were titled: (1) Dual Career Couples, (2) Marriage to Someone in the Forces, (3) Civilian Unemployment/Homemaker, (4) Postings/Mobility, (5) Military Forced Separations, (6) Housing and Community Life, and (7) Military Life Style. Partial psychometric data are available for the four scales discussed by Pearlin and Schooler (1978), but not for the other seven (S. Truscott, personal communication, May 26, 1994).

I considered it necessary to examine the psychometric properties of all of the life-role stressor scales for a number of reasons. First, the results of the factor structure analyses of the 1983 military survey were no longer available. Second, the life-role area sub-scales were developed approximately 12 to 20 years ago, some using an American civilian sample. The changing nature of society during this time span and the potential for differences between Canadian military spouses and American civilian

spouses implied that the published factor structures might not have been applicable to a contemporary Canadian military spousal population.

I decided to use Confirmatory Factor Analysis (CFA) on the first life-role area set of stressors, that of Occupation, to confirm whether the data would support the original structures. If the data fit the model for this life-area, I would then proceed to use CFA to test the structures of the remaining 10 life-role area stressors; otherwise I would use exploratory factor analysis (EFA). Given that the data did not fit the model for the Occupational life-role area (see below), I decided upon the EFA approach for the remaining 10 life-role areas.

Although Pearlin and Schooler (1978) used Principal Components Analysis (PCA), I decided to use Principal Axis Factor Analysis (PAF) because only common variance is analysed as compared to PCA where unique and common variance are both analysed. This decision was made because I was interested in a "solution uncontaminated by unique and error variability" (Tabachnick & Fidell, 1989, p. 624). The planned criteria for retention of items (for both CFA and EFA) were factor loadings of .3 or greater (Tabachnick & Fidell, 1989) and items being meaningful with respect to the factor.

Item groupings that resulted from factor analyses each were subjected to internal consistency analyses. The planned criteria for retention of an item was a corrected item-total correlation of 0.3 or greater (Nunnally, 1978). Each factor produced a sub-scale of retained items which was used in subsequent analyses.

Analysis of occupational stressor sub-scales. The software package, EQS Structural Equation Modelling by BMDP, was used to test Pearlin and Schooler's (1978) factor structures within the occupational life-role area. Central to CFA are the correlations between all measured variables used in the model. Table 4 presents the means, standard deviations, and correlations for these variables.

Table 4

Means, Standard Deviations, and Correlations for
Occupational Stressor Items (Measured Variables)

	M	S.D.	1	2	3	4
1 AI1A	2.11	.78				
2 AI1B	2.18	.96	.4009**			
3 AI1C	2.57	.93	.3043**	.2046*		
4 AI1D	1.19	.44	.2269**	.2797**	.0547	
5 AI1E	1.62	.90	.1280	.1873*	-.0301	.0845
6 AI1F	1.39	.72	.1470	.2168**	.0813	.1614*
7 AI1G	1.43	.79	.1490	.1626*	.0795	.2213**
8 AI1H	1.91	1.11	.0660	.0469	.0579	.1311
9 AI1I	1.73	1.02	.1308	.1245	.1011	.2629**
10 AI2A	1.66	.76	.1867*	.2183**	.0763	.1519
11 AI2B	1.51	.65	.1739*	.1185	.0366	.1179
12 AI2C	1.73	.93	.0054	.1364	.0189	.0295
13 AI2D	1.74	.86	.1139	.2587**	.1001	.2378**
14 AI2E	1.63	.79	.1655*	.2548**	-.0718	.2418**
15 AI2F	1.54	.73	.2913**	.4327**	.0397	.2342**
16 AI2G	1.47	.63	.1617*	.2881**	-.2054*	.2205**
17 AI2H	1.53	.66	.3621**	.3541**	.0453	.1529
18 AI2I	1.97	.88	.3253**	.2431**	.1847*	.1867*
19 AI2J	1.41	.69	.3230**	.0587	.1549	-.0223
20 AI2K	1.59	.79	.2684**	.2361**	.1479	.1293
21 AI3A	1.53	.61	.0428	.1228	-.0326	-.1297
22 AI3B	1.55	.72	.1143	.2905**	-.0603	.1040
23 AI3C	1.45	.64	.2439**	.1922*	.0390	.0431
24 AI3D	1.80	.81	.1842*	.1756*	.1647*	.1282

Note. Variable names are based upon their life-role area item numbers. n = 152 for all variables. * - Sig <= .05
 ** - Sig <= .01 (2-tailed).

Table 4 (continued)

	5	6	7	8	9	10
6 AI1F	.4665**					
7 AI1G	.5236**	.5716**				
8 AI1H	.3243**	.2534**	.2209**			
9 AI1I	.1549	.1805*	.2367**	.1368		
10 AI2A	.1115	.2269**	.1747*	.1515	.0875	
11 AI2B	.0992	.1800*	.1638*	.0569	.1506	.3890**
12 AI2C	-.0051	.0488	.0048	-.0631	.0277	.1614*
13 AI2D	.1179	.1986*	.1482	.0231	.0395	.2079*
14 AI2E	.1840*	.2546**	.1924*	.1130	.1317	.3666**
15 AI2F	.1652*	.1922*	.1384	.0869	.1445	.3405**
16 AI2G	.1694*	.1908*	.1634*	.0060	.0975	.2778**
17 AI2H	.0505	.2641**	.1632*	.0668	.0649	.2739**
18 AI2I	.1432	.1250	.1259	.1602*	.1234	.2104**
19 AI2J	.0865	.1014	.1484	.0070	.0950	.0524
20 AI2K	.2080*	.2449**	.2290**	.0400	.1422	.1008
21 AI3A	.1881*	.0295	.1218	.0824	.0383	.1975*
22 AI3B	.2165**	.1464	.2479**	.1649*	.0969	.2444**
23 AI3C	.0615	.0464	.1120	.1158	.0878	.2601**
24 AI3D	.1566	.1257	.0861	.0825	.0132	.2319**

Note. Variable names are based upon their life-role area item numbers. n = 152 for all variables. * - Sig <= .05
 ** - Sig <= .01 (2-tailed).

Table 4 (continued)

	11	12	13	14	15	16
12 AI2C	.1540					
12 AI2D	.2667**	.4089**				
14 AI2E	.3071**	.2986**	.6495**			
15 AI2F	.3349**	.2467**	.3773**	.4080**		
16 AI2G	.1786*	.2768**	.4277**	.3948**	.4508**	
17 AI2H	.3226**	.1467	.3273**	.4268**	.4254**	.2723**
18 AI2I	.0297	.1027	.2426**	.2121**	.3698**	.2315**
19 AI2J	.0397	.1041	.1640*	.1747*	.2662**	.1712*
20 AI2K	.0747	.0566	.1526	.2037*	.2353**	.1642*
21 AI3A	.1496	.1241	.0387	.1173	.1324	.1574
22 AI3B	.0411	.0862	.3022**	.3636**	.2629**	.3112**
23 AI3C	.2482**	.0962	.2672**	.3877**	.2107**	.2520**
24 AI3D	.2128**	.1293	.3131**	.2561**	.3463**	.2170**

Note. Variable names are based upon their life-role area item numbers. n = 152 for all variables. * - Sig <= .05
 ** - Sig <= .01 (2-tailed).

Table 4 (continued)

	17	18	19	20	21	22	23
18 AI2I	.2921**						
19 AI2J	.1879*	.4183**					
20 AI2K	.2105**	.5890**	.3136**				
21 AI3A	.0477	.0697	-.0502	.0637			
22 AI3B	.2208**	.2496**	.1104	.2714**	.6194**		
23 AI3C	.2774**	.2623**	.0968	.1720*	.4885**	.6053**	
24 AI3D	.3263**	.1954*	.1178	.1485	.2736**	.4015**	.4111**

Note. Variable names are based upon their life-role area item numbers. n = 152 for all variables. * - Sig <= .05, ** - Sig <= .01 (2-tailed).

The correlations presented in Table 4 were used to test the original Occupational stressor factor structure, as outlined in Table 5, by means of a Generalized Least Squares (GLS) solution. All paths were set to zero, except for those leading from the listed factors to their items. The confirmatory factor analysis did not converge, suggesting that the data did not fit the model.

After discovering that the data did not fit the model I used the information contained in the Multivariate Wald Test for dropping parameters and the Multivariate and Univariate LaGrange Multiplier Tests for adding parameters to refine the model in an exploratory manner (Anderson & Gerbing, 1988; Bentler, 1989; Long, 1983). I followed an iterative process whereby parameters were sequentially added and/or

deleted until convergence was reached. At that point, the Bentler-Bonnett Normed and Non-Normed Fit Indices were .969 and .997, respectively and the chi-square failed to reach significance ($\chi^2(191, N = 140) = 208.33, p = .19$). Marsh, Balla, & McDonald (1988) recommended model modification until Bentler-Bonnet fit indices become equal to or greater than .9, thereby indicating an acceptable fit between the data and the model. They also explain the "substantial influence of sample size on the χ^2 " (Marsh, Balla, & McDonald (1988), p. 392) and caution about reliance on this fit index.

Iterative modifications to the model for Occupational life-role stressors resulted in all paths to some items being set to zero, effectively eliminating those items. Retained items are listed in Table 5 under the "Retained Items" column. To obtain an acceptable data-model fit, Factors 3 and 4 (Ambiguous Responsibilities and Powerless in Work Environment) were set to covary at the 0.8 level and Factors 5 and 6 (Role Conflict and Role Ambiguity) were set to covary at the 1.0 level. These covariances are not surprising considering the number of highly correlated items in this model.

Table 5

Occupational Sub-Scale Factor Structures

Factor	Original Items	Retained Items
1 Role Overload	1,2,3,24	3
2 Noxious Work Conditions	5,6,7,8,9	5,6,7,8
3 Ambiguous Responsibilities	10,11	11
4 Powerlessness in Work Environment	12,13,14	12,13,14
5 Role Conflict	15,16,17	15,17
6 Role Ambiguity	18,19,20	18,19,20
7 Depersonalization	21,22,23	21,22,23

Note. 1983 Military Family Life/Work Stress Inventory:
Occupational Life-Role Area Stressor Factor Structure.

Reliability analyses of each of the Occupational stressor factors were conducted and are presented in Table 6. The "Noxious Work Conditions" sub-scale had one item deleted because the corrected item-total correlation for the item was below .3. After deletion of this item, Alpha increased from .6571 to .6924. All of the other corrected item-total correlations for Occupational sub-scales were above .3 and were retained.

Two of the four sub-scales identified in this study were similar to those identified by Pearlin and Schooler (1978) and two others were different. The similar factors were Noxious Work Conditions and Role Overload. Two factors that did not appear during the present analyses were

Inadequacy of Rewards and Depersonalization in the Work Environment (Pearlin & Schooler, 1978, p. 19-20). More precise comparisons are not possible because only partial psychometric information for this life-role area was available.

Table 6

Item Means, Standard Deviations, and Cronbach Alphas for Occupational Stressor Sub-Scales

Factors	M	SD	Alpha	No. Of Items
1 Role Overload	2.57	.93		1
2 Noxious Work Conditions	1.59	.64	.6924	4
3 Ambiguous Responsibilities	1.59	.11	.5551	2
4 Powerlessness	1.70	.68	.7048	3
5 Role Conflict	1.65	.73	.5950	2
6 Role Ambiguity	1.66	.63	.7065	3
7 Depersonalization	1.51	.55	.7994	3

Note. Factor loadings were obtained from Principle Axis Factor Analyses with Varimax Rotation. Reliability analyses were not conducted for Factor 1 because it was a single item factor. N = 152 for all factors.

Analysis of dual career couples stressor sub-scales.

Factor analysis of the Dual Career Couples stressor items resulted in four factors and reliability analyses were conducted on the items within each of these factors. One item was dropped from the "Unfair Treatment by the CF" sub-

scale because its corrected item-total correlation was below .3. The scale Alpha increased from .4423 to .5863 after this item was dropped. The "Job-Family Role Conflict" sub-scale originally consisted of two items and their corrected item-total correlations both were .2491. The sub-scale's Alpha was .3970. I decided to drop one item due to its relatively low factor loading (.41396) and to retain the other due to its relatively high factor loading (.64983). Table 7 presents the means, standard deviations, Cronbach Alphas, numbers of subjects, and numbers of items for these factors.

Table 7

Item Means, Standard Deviations, and Cronbach Alphas for
Dual Career Couples Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Role Interference	1.79	.59	.6976	153	3
2 Unfair Treatment by the CF	2.88	.96	.5863	153	2
3 Job-Family Role Conflict	1.71	.80		113	1
4 Job-Family Role Conflict	2.49	.86	.4576	153	2

Note. Factor loadings were obtained from Principle Axis Factor Analyses with Varimax Rotation. Reliability analysis was not conducted for Factor 3 because it was a single item factor.

Marriage in general stressor sub-scales. Factor analysis of the Marriage in General stressor items resulted in two factors. Reliability analyses were conducted and all items were retained due to their corrected item-total correlations being greater than .3. Table 8 presents the means, standard deviations, Cronbach Alphas, numbers of subjects, and numbers of items for these factors.

Pearlin and Schooler (1978) identified three sub-scales for the Marital Stressor area: "Non-Acceptance by Spouse," "Non-Reciprocity in Give and Take," and Frustration of Role Expectations." In this study I identified "Non-Reciprocity" as well as another factor that I titled "Lack of Intimacy."

Table 8

Item Means, Standard Deviations, and Cronbach Alphas for Marriage in General Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Lack of Intimacy	3.51	.52	.7789	250	4
2 Non-Reciprocity	3.21	.67	.8013	251	4

Note. Factor loadings were obtained from Principle Axis Factor Analyses with Varimax Rotation.

Marriage to someone in the forces stressor sub-scales. Factor analysis of the Marriage to Someone in the Forces stressor items resulted in five factors. Reliability analyses were conducted and all items were retained due to

their corrected item-total correlations being greater than .3. Table 9 presents the means, standard deviations, Cronbach Alphas, numbers of subjects, and numbers of items for these factors.

Table 9

Item Means, Standard Deviations, and Cronbach Alphas for Marriage to Someone in the Forces Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Noxious Work Conditions	2.18	.70	.7455	252	2
2 Inadequacy of Present Job Rewards	2.15	.79	.5614	252	2
3 Inadequacy of Future Job Rewards	2.43	.93	.7017	252	2
4 Career Frustrations	2.54	.89	.6686	182	3
5 Spouse Working With Someone of the Opposite Sex	2.11	.51	.4980	236	2

Note. Factor loadings were obtained from Principle Axis Factor Analyses with Varimax Rotation.

Civilian unemployment/homemaker stressor sub-scales.

Factor analysis of the Civilian Unemployment/Homemaker stressor items resulted in two factors. The "Time Constraints" sub-scale initially had one item with a corrected item-total correlation of .0182. After this item was dropped Alpha rose from .5968 to .7470. Table 10 presents the means, standard deviations, Cronbach Alphas,

numbers of subjects, and numbers of items for these factors.

Table 10

Item Means, Standard Deviations, and Cronbach Alphas for
Civilian Unemployment/Homemaker Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Time Constraints	1.71	.73	.7470	107	3
2 Inadequate Resources	1.88	.68	.7505	107	4

Note. Factor loadings were obtained from Principle Axis
Factor Analyses with Varimax Rotation.

Parenthood stressor sub-scales. Factor analysis of the
Parenthood stressor items resulted in five factors.
Reliability analyses were conducted and all items were
retained due to their corrected item-total correlations
being greater than .3. Table 11 presents the means,
standard deviations, Cronbach Alphas, numbers of subjects,
and numbers of items for these factors.

Pearlin and Schooler (1978) identified three Parental
stressor sub-scales, "Deviation from Parental Standards of
Behavior," "Non-Conformity to Parental Aspirations and
Values," and "Disregard for Parental Status." The items
from their first two sub-scales formed one sub-scale in this
study, "Non-Conformity with Parental Standards, Aspirations,
and Values." "Disregard for Parental Status" was similar to

their sub-scale; however, three other sub-scales, as presented in Table 11, were identified in this study.

Table 11

Item Means, Standard Deviations, and Cronbach Alphas for
Parenthood Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Disregard for Parental Status	1.89	.65	.7961	198	3
2 Relationship Problems	1.89	.65	.7071	198	3
3 Alcohol and Drug Use or Abuse	1.17	.36	.5182	198	2
4 Non-Conformity with Parental Standards, Aspirations, and Values	1.44	.56	.8994	198	7
5 Job-Family Conflicts	1.76	.60	.6967	129	4

Note. Factor loadings were obtained from Principle Axis
Factor Analyses with Varimax Rotation.

Financial stressor sub-scales. Factor analysis of the
Financial stressor items resulted in one factor.
Reliability analysis was conducted and all items were
retained due to their corrected item-total correlations
being greater than .3. Table 12 presents the mean, standard
deviation, Cronbach Alpha, number of subjects, and number of
items for this factor.

Pearlin and Schooler (1978) identified one Financial life-role area sub-scale that they called "Standard of Living Brinkmanship." The partial listing of factor items that they provided for this sub-scale (Pearlin & Schooler, 1978, p. 19) suggest that it was the same sub-scale that was titled "Economic Saliency" on the 1983 MFLWSI. This same sub-scale emerged from the factor analysis and is presented in Table 12.

Table 12

Item Mean, Standard Deviation, and Cronbach Alphas for the Financial Stressor Sub-Scale

Factor	M	SD	Alpha	N	No.of Items
1 Economic Saliency	1.51	.47	.8010	252	7

Note. The factor loading was obtained from Principle Axis Factor Analyses with Varimax Rotation.

Posting/mobility stressor sub-scales. Factor analysis of the Posting/Mobility stressor items resulted in six factors. Reliability analysis identified two sub-scales that had all corrected item-total correlations below the .3 level; therefore, both of these subscales were dropped. Reliability analyses of the other sub-scales produced satisfactory results and no additional items were deleted. Table 13 presents the means, standard deviations, Cronbach

Alphas, numbers of subjects, and numbers of items for these factors.

Table 13

Item Means, Standard Deviations, Cronbach Alphas for
Posting/Mobility Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Posting Frustrations	2.10	.87	.7977	170	3
2 Inadequate Posting Information	2.13	.69	.6630	172	3
3 Job Frustrations	2.19	1.02	.6115	166	3
4 Home-Ownership Frustrations	2.09	.94	.7287	171	2

Note. Factor loadings were obtained from Principle Axis
Factor Analyses with Varimax Rotation.

Military forced separations stressor sub-scales.

Factor analysis of the Military Forced Separations stressor items resulted in seven factors. Reliability analysis was conducted and all items were retained due to their corrected item-total correlations being greater than .3. Table 14 presents the means, standard deviations, Cronbach Alphas, numbers of subjects, and numbers of items for these factors.

Table 14

Item Means, Standard Deviations, Cronbach Alphas for
Military Forced Separation Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Household Role-Conflicts	1.73	.66	.6818	244	2
2 Marital Faithfulness	1.18	.47		244	1
3 Role Overload	1.70	.58	.7595	244	4
4 Children's Disregard for Parental Status	1.61	.57	.8724	244	6
5 Difficulties with Base Administrative Organizations	1.32	.56	.5832	132	5
6 Difficulties with Primary CF Organizations	1.26	.58	.3824	146	2
7 Overall Difficulties in Dealing with the CF	2.03	.90	.9005	161	7

Note. Factor loadings were obtained from Principle Axis Factor Analyses with Varimax Rotation. Reliability analysis was not conducted for Factor 2 because it was a single item factor.

Housing and community life stressor sub-scales. Factor analysis of the Housing and Community Life stressor items resulted in seven factors. Reliability analysis of the two-item "Cost of Housing" sub-scale resulted in a corrected item-total correlation of -.0091 and an Alpha of -.0183. One item was dropped due to its low factor loading (.37856)

but the other item was retained as a single-item factor due to its high factor loading (.85777). Reliability analyses of the other sub-scales produced satisfactory results and no other items were dropped. Table 15 presents the means, standard deviations, Cronbach Alphas, numbers of subjects, and numbers of items for these factors.

Table 15

Item Means, Standard Deviations, Cronbach Alphas for
Housing and Community Life Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Safety and Physical Environment	1.86	.59	.8612	118	8
2 Suitability of Neighbourhood for Children	1.78	.65	.6746	153	3
3 Lack of Facilities or Activities for Children	1.88	.65	.7672	173	3
4 Exposure of Children to Alcohol or Drugs	1.47	.71		127	1
5 Overall Suitability for Children	2.44	.87	.6534	153	2
6 Shortage of Suitable Housing	2.36	.94	.6675	117	2
7 Cost of Housing	3.10	1.00		189	1

Note. Factor loadings were obtained from Principle Axis
 Factor Analyses with Varimax Rotation. Reliability
 analyses were not conducted for Factors 4 and 7 because
 they were single item factors.

Military lifestyle stressor sub-scales. Factor
 analysis of the Military Lifestyle stressor items resulted
 in three factors. The two-item "Spousal Differences" sub-
 scale had corrected item-total correlations of .2060 and an
 Alpha of .3223. One item was dropped due to its low factor

loading (.41690) while the other item was retained to form a single-item factor due to its large factor loading (.66163). The "Powerlessness" sub-scale had one item with a corrected item-total correlation of .1845. When this item was dropped the Alpha level rose from .4631 to .5144. Table 16 presents the means, standard deviations, Cronbach Alphas, numbers of subjects, and numbers of items for these factors.

Table 16

Item Means, Standard Deviations, Cronbach Alphas for
Military Lifestyle Stressor Sub-Scales

Factors	M	SD	Alpha	N	No.of Items
1 Spousal Differences	1.24	.64		255	1
2 Role Ambiguity	1.89	.56	.4778	249	2
3 Powerlessness	2.04	.77	.5144	250	2

Note. Factor loadings were obtained from Principle Axis Factor Analyses with Varimax Rotation. Reliability analysis was not conducted for Factor 1 because it was a single item factor.

Sub-Scale and Life-Role Area Stressor Total Scores

Sub-scale scores were derived by unit weighting the items within each sub-scale. To accomplish this, means of the items were used. This method was used because the sub-scales often consisted of different numbers of items. Total scores for the stressors in each of the 11 life-role areas

were derived by taking the means of the sub-scale scores within each area. Relationships between the different life-role area stressors are presented in Table 17.

The high number of significant correlations in Table 17 led me to believe that they may have been influenced by some underlying factor structure. To investigate this possibility, I conducted a Principal Axis Factor Analysis with Varimax Rotation. I identified four interpretable factors with Eigenvalues equal to or greater than one. Their names and the items that loaded on each factor are presented in Table 18.

Table 17

Factor Structure from the Analysis of the 11 Life-Role Area

Stressor Total Scores

Factor	Items
1 Employment	1 & 2
2 Military Influences on Daily Life	4, 7, 9, 10, & 11
3 Parenthood	6
4 Postings/Mobility Area	8

Note. Factor loadings were obtained from Principle Axis Factor Analyses with Varimax Rotation.

Table 18

Correlations Between the 11 Life-Role Stressor Total Scores

	1	2	3	4	5	6	7	8	9	10
2	.2351**									
3	-.0477	-.1260								
4	.2784**	.3931**	-.1029							
5	-.1143	.0897	-.4613**	.4741**						
6	.1383	.2409*	-.1819*	.2835**	.3790**					
7	.1485	.2545**	-.1001	.4246**	.6244**	.3472**				
8	.1551	.4516**	.0686	.4188**	.3097**	.3098**	.3711**			
9	.2461**	.2961**	-.2700**	.3893**	.4042**	.4397**	.3935**	.2423**		
10	.2404**	.1669*	.0009	.2954**	.2547**	.0401	.2834**	.3451**	.0968	
11	.2029*	.1890*	-.1656**	.3515**	.3968**	.2005**	.2896**	.2625**	.3021**	.2315**

Note. * - Sig <= .05 ** - Sig <= .01 (2-tailed). Life-Roles are identified as follows: (1) Occupation, (2) Dual Career Couples, (3) Marriage in General, (4) Marriage to Someone in the Forces, (5) Civilian Unemployment/Homemaker, (6) Parenthood, (7) Finances, (8) Postings/Mobility, (9) Military Forced Separations, (10) Housing and Community Life, and (11) Military Lifestyle.

It should be noted that Area 3 (Marriage in General) loaded on Factor 3 (Parenthood); however, it was dropped because its factor loading was below .3. Area 5 (Unemployment/Homemaker) loaded on Factor 1 (Employment); however, due to its high negative factor loading (-0.82) it was dropped from the factor.¹ These factors had face validity when the contents of the sub-scale items were compared within each factor.

Reliability analyses were conducted for factors one and two because they were multi-item factors. Corrected item-total correlations greater than 0.3 were found for all of the items. Cronbach Alphas for factors one and two were 0.94 and 0.66 respectively. Factor total scores were derived by taking the means of the items assigned to each dimension. Table 19 presents the correlations between these factor total scores.

¹ In retrospect, the Unemployment/Homemaker stressor total-score should have been reverse-scored and retained with Factor 1.

Table 19

Correlations between Life-Role Factor Total Scores

	1	2	3
2	.1428*		
3	-.0309	.2180**	
4	.1518*	.2582**	.3266**

Note. Dimensions: (1) Employment, (2) Military Influences on Daily Life, (3) Parenthood, and (4) Postings/Mobility.

* - Sig. $\leq .05$ ** - Sig. $\leq .01$ (2-tailed).

Summary of the MSSS

The original structures of the MSSS stressor life-role areas, as developed by Pearlin and Schooler (1978) and Popoff, Hysert, and Truscott (1982), generally emerged during factor and internal consistency analyses using data from a contemporary sample of Canadian military spouses. In many cases, however, items were dropped from factors. Generally, items that were not psychometrically sound were not meaningful with respect to the name of the factor or the other items that loaded on it.

Peacekeeper - Non-Peacekeeper Comparisons

Life-role area stressor comparisons. The first hypothesis was that peacekeeper's spouses, as compared with non-peacekeeper's spouses, would report stressors of greater perceived magnitude. Analyses designed to answer this

question were approached from multivariate and univariate perspectives. The multivariate approach used Multivariate Analysis of Variance (MANOVA) and Discriminant Function Analysis to identify how peacekeeping status accounted for variability in the linear combinations of dependent variables within and across life-role areas.

Past research has predominantly focused the study of outcome variables in a univariate context (Pearlin & Schooler, 1978; Popoff, et al., 1986a, 1986b, 1986c); therefore, a univariate approach affords comparisons with past research. This approach was also appropriate given the exploratory nature of the research (see Huberty & Morris, 1989, for a discussion of this topic).

Multivariate analyses of life-role areas stressors.

The first analyses were 11 separate MANOVAs. In turn, each set of life-role sub-scales provided the criterion variables and all of the analyses used the peacekeeper status item as the predictor variable. The multivariate tests were all non-significant ($p > .05$) with one exception - life-role area number four, "Marriage to Someone in the Forces." For this analysis, the total N of 252 was reduced to 204 with listwise deletion of cases with missing values. Results of tests for normality, homogeneity of variance-covariance matrices, linearity, and multicollinearity were acceptable.

Based on the results of the Wilks' criterion, peacekeeping status accounted for significant variability in the linear combination of DVs, Wilk's Lambda = .93790, $F(5, 198) = 2.80$, $p = .025$.

To explore potential differences between the two groups this significant multivariate analysis was followed-up with a discriminant function analysis. This approach is in accordance with the recommendations of Huberty & Morris (1989) who cautioned that univariate tests answer different research questions than do multivariate tests. They advised that significant multivariate analyses should be followed-up with multivariate, not univariate tests. The five "Marriage to Someone in the Forces" stressor sub-scales were used as predictors of peacekeeping/non-peacekeeping status. One significant discriminant function was found, $\chi^2(5) = 13.04$, $p = .02$. Group Centroids were Peacekeeper Spouses = .20344 and Non-Peacekeeping Spouses = -.32863. Pooled within-group correlations among the five predictors and the discriminant scores are shown in Table 20. Tabachnick and Fidell (1989) recommended the interpretation of correlations equal to or greater than .3.

Table 20

Pooled Within-Group Correlations Between Marriage to
Someone in the Forces Stressor Sub-Scales and the
Canonical Discriminate Function Scores

Sub-Scale	Correlation
1 Noxious Work Conditions	.72316
3 Inadequacy of Future Job Rewards	.49174
4 Career Frustrations	-.35511
5 Spouse Working With Someone of the Opposite Sex	.23556
2 Inadequacy of Present Job Rewards	.12680

Peacekeeping, as compared to non-peacekeeping spouses, expressed greater concerns that their military spouses had been exposed to more dangerous work conditions and would be less prepared for civilian work when they left the CF. They also reported fewer personal career-related problems attributable to their association with the CF.

Univariate analyses of life-role areas stressors.

Univariate t-tests were conducted to compare the means of peacekeeping and non-peacekeeping groups on all of the sub-scales within each life-role area, as well as on the 11 life-role stressor total scores. I had hypothesized that peacekeeping spouses would report stressors of greater perceived magnitude; therefore, one-tailed tests were

conducted. Alpha was set at .05 for the Type I error rate. The reader is cautioned that multiple tests were conducted without correction for experimentwise or familywise error rates. This was considered necessary because of the exploratory nature of this research and the number of tests that were conducted. Prior to conducting a t-test, an F test was used to check the assumption that the variances of the two peacekeeping populations were equal. In most cases I failed to reject this hypothesis and pooled-variance t-tests were conducted. In the few cases where the F test was significant, separate variance t-tests were conducted (Norušis, 1990). The results of these univariate analyses are presented in Tables 21 to 31; each table represents one life-role area.

Table 21

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Occupational Life-Role Area
Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	.9449			
	Yes	165	1.1039	-1.33	249	.09
2 Role Overload						
	No	47	2.4894			
	Yes	104	2.6154	-.77	149	.22
3 Noxious Work Conditions						
	No	47	1.5638			
	Yes	104	1.6010	-.33	149	.37
4 Ambiguous Responsibilities						
	No	47	1.5532			
	Yes	104	1.5000	.46	149	.32
5 Powerlessness in Work Environment						
	No	47	1.6738			
	Yes	104	1.7115	-.31	149	.38
6 Role Conflict						
	No	47	1.6596			
	Yes	104	1.6490	.08	149	.47
7 Role Ambiguity						
	No	47	1.6454			
	Yes	104	1.6699	-.22	149	.41
8 Depersonalization						
	No	47	1.5177			
	Yes	104	1.5128	.05	149	.48

Note: * - indicates use of separate variance t-test.

Table 22

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Dual-Career Couples Life-
Role Area Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	1.2975			
	Yes	165	1.3672	-.44	159.66	.33*
2 Role Interference						
	No	48	1.8611			
	Yes	104	1.7628	.96	150	.17
3 Unfair Treatment by the CF						
	No	48	3.0417			
	Yes	104	2.8029	1.43	150	.08
4 Job-Family Role Conflict						
	No	48	1.7500			
	Yes	104	1.6731	.55	150	.29
5 Job-Family Role Conflict						
	No	48	2.6458			
	Yes	104	2.4375	1.40	150	.08

Note: * - indicates use of separate variance t-test.

Table 23

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Marriage in General Life-
Role Area Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	3.2561			
	Yes	165	3.4008	-1.91	249	.03
2 Lack of Intimacy						
	No	85	3.4137			
	Yes	165	3.5682	-2.22	248	.01
3 Non-Reciprocity						
	No	85	3.1750			
	Yes	165	3.2333	-.65	248	.26

Note: * - indicates use of separate variance t-test.

Table 24

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Marriage to Someone in the
Forces Life-Role Area Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	2.2227			
	Yes	165	2.3071	-1.48	249	.07
2 Noxious Work Conditions						
	No	86	2.0116			
	Yes	165	2.2758	-3.01	193.43	.00*
3 Inadequacy of Present Job Rewards						
	No	86	2.1337			
	Yes	165	2.1712	-.36	249	.36
4 Inadequacy of Future Job Rewards						
	No	86	2.2733			
	Yes	165	2.5152	-1.97	249	.03
5 Career Frustrations						
	No	80	2.6375			
	Yes	134	2.4938	1.15	212	.13
6 Spouse Working With Someone of the Opposite Sex						
	No	84	2.0893			
	Yes	155	2.1194	-.44	237	.33

Note: * - indicates use of separate variance t-test.

Table 25

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Civilian
Unemployment/Homemaker Life-Role Area Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	.8900			
	Yes	165	.7124	1.30	153.37	.10*
2 Time Constraints						
	No	39	1.8803			
	Yes	68	1.6373	1.64	105	.05*
3 Inadequate Resources						
	No	39	2.0449			
	Yes	68	1.8199	1.65	105	.05

Note: * - indicates use of separate variance t-test.

Table 26

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Parenthood Life-Role Area
Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	1.2959			
	Yes	165	1.2232	.74	249	.23
2 Disregard for Parental Status						
	No	68	2.0270			
	Yes	129	1.8114	2.23	195	.01
3 Relationship Problems						
	No	68	1.7794			
	Yes	129	1.6693	1.26	195	.11
4 Alcohol and Drug Use or Abuse						
	No	68	1.1985			
	Yes	129	1.1550	.80	195	.21
5 Non-Conformity with Parental Standards, Aspirations, and Values						
	No	68	1.4832			
	Yes	129	1.4175	.78	195	.22
6 Job-Family Conflicts						
	No	63	1.7269			
	Yes	121	1.7844	-.62	182	.27

Note: . * - indicates use of separate variance t-test.

Table 27

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Financial Life-Role Area
Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	1.5581			
	Yes	165	1.4909	1.07	249	.14
2 Economic Saliency						
	No	86	1.5581			
	Yes	165	1.4909	1.07	249	.14

Note: * - indicates use of separate variance t-test.

Table 28

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Posting Life-Role Area
Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	1.4084			
	Yes	165	1.4866	-.54	249	.30
2 Posting Frustrations						
	No	57	2.0702			
	Yes	113	2.1062	-.25	168	.40
3 Inadequate Posting Information						
	No	57	2.1199			
	Yes	115	2.1348	-.13	170	.45
4 Job Frustrations						
	No	57	2.2047			
	Yes	115	2.1971	.05	170	.48
5 Home-Ownership Frustrations						
	No	57	2.1053			
	Yes	115	2.0783	.18	170	.43

Note: * - indicates use of separate variance t-test.

Table 29

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Separation Life-Role Area
Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	1.4439			
	Yes	165	1.4985	-.96	249	.17
2 Household Role-Conflicts						
	No	81	1.8086			
	Yes	162	1.6975	1.25	241	.11
3 Marital Faithfulness						
	No	81	1.2593			
	Yes	162	1.1420	1.52	103.98	.07*
4 Role Overload						
	No	81	1.6944			
	Yes	162	1.7052	-.14	241	.45
5 Children's Disregard for Parental Status						
	No	81	1.5885			
	Yes	162	1.6214	-.43	241	.34
6 Difficulties with Base Administrative Organizations						
	No	68	1.4044			
	Yes	140	1.2857	1.29	100.93	.10*
7 Difficulties with Primary CF Organizations						
	No	62	1.2177			
	Yes	140	1.2589	-.49	200	.31
8 Overall Difficulties in Dealing with the CF						
	No	51	1.8758			
	Yes	119	2.1022	-1.50	168	.07

Note: * - indicates use of separate variance t-test.

Table 30

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Housing Life-Role Area
Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	2.0618			
	Yes	165	2.0886	-.42	249	.34
2 Safety and Physical Environment						
	No	84	1.9146			
	Yes	165	1.8306	1.07	247	.14
3 Suitability of Neighbourhood for Children						
	No	84	1.7996			
	Yes	163	1.7781	.25	245	.40
4 Lack of Facilities or Activities for Children						
	No	84	1.8929			
	Yes	163	1.8845	.10	245	.46
5 Exposure of Children to Alcohol or Drugs						
	No	47	1.3617			
	Yes	79	1.5443	-1.40	124	.08
6 Overall Suitability for Children						
	No	76	2.3487			
	Yes	125	2.4880	-1.10	199	.14
7 Shortage of Suitable Housing						
	No	56	2.3304			
	Yes	103	2.3641	-.22	157	.41
8 Cost of Housing						
	No	64	2.8906			
	Yes	124	3.0444	-.92	186	.18

Note: * - indicates use of separate variance t-test.

Table 31

The Results of t-tests of Peacekeeper and Non-Peacekeeper
Total and Sub-Scale Scores for Military Lifestyle Life-
Role Area Stressors

	Status	N	Mean	t	df	Sig
1 Total						
	No	86	1.7345			
	Yes	165	1.7540	-.31	249	.38
2 Spousal Differences						
	No	77	1.2857			
	Yes	147	1.2109	.83	222	.21
3 Role Ambiguity						
	No	86	1.9012			
	Yes	163	1.8804	.28	247	.39
4 Powerlessness						
	No	86	1.9942			
	Yes	163	2.0767	-.80	247	.21

Note. * - indicates use of separate variance t-test.

GWB Comparisons The second hypothesis was that peacekeeper's spouses, as compared with non-peacekeeper's spouses, would score higher on the GWB total and sub-scores. This research question was also approached from multivariate and univariate perspectives. First, a MANOVA was conducted with GWB sub-scale scores as the criterion variables and peacekeeper status as the predictor variable. The MANOVA yielded a non-significant result, $p > .05$.

Univariate t-tests were conducted to compare the means of the peacekeeping and non-peacekeeping groups on GWB total and sub-scale scores. I had hypothesized that peacekeeping spouses would score higher on these scales; therefore, one-tailed tests were conducted. Alpha was set at .05 for the Type I error rate. The reader is cautioned that these tests were conducted without correction for familywise or experimentwise error rates. This was considered necessary because of the exploratory nature of this research and the number of tests that were conducted. The results of the t-tests are presented in Table 32. Unless otherwise indicated, pooled variance t-test results are reported.

Table 32

The Results of t-tests of Peacekeeper and Non-Peacekeeper
GWB Total and Sub-Scale Scores

	Status	N	Mean	t	df	Sig
1	GWB Total					
	No	86	19.4884			
	Yes	164	17.1829	2.07	248	.02
2	Anxiety					
	No	86	11.4419			
	Yes	165	10.5200	2.59	249	.01
3	Depression					
	No	86	5.4186			
	Yes	165	5.0788	1.49	249	.07
4	Positive Well-Being					
	No	86	8.6628			
	Yes	165	8.0424	2.08	249	.02
5	Self-Control					
	No	86	5.0349			
	Yes	165	4.7576	1.12	136.04	.13*
6	Vitality					
	No	86	9.6163			
	Yes	165	8.8606	2.31	249	.01
7	General Health					
	No	86	5.6163			
	Yes	165	5.4848	.50	249	.31

Note. * - indicates use of separate variance t-test.

Stressors as Predictors of GWB Outcome Measures

In addition to investigating the primary hypotheses, I was also interested in the relationships

between the stressor scores and GWB total and sub-scale scores. To answer this question, I conducted a series of multiple regression analyses using the stressor total-scores as predictors and the GWB total and sub-scale scores as criteria. The results of these analyses are presented in Table 33.

Table 33

Stressor Total Scores as Predictors of GWB Outcome

<u>Measures</u>				
GWB Scale	df	R ²	F	Sig
1 Total Score	(11, 239)	.35	11.92	.000
2 Anxiety	(11, 240)	.30	9.54	.000
3 Depression	(11, 240)	.33	10.90	.000
4 Positive Well-Being	(11, 240)	.31	9.87	.000
5 Self-Control	(11, 240)	.19	5.09	.000
6 Vitality	(11, 240)	.23	6.53	.000
7 General Health	(11, 240)	.12	2.98	.001

In summary, it appears that stress is a significant predictor of all GWB outcome measures and the practical significance of the results is generally high. This is in accordance with previous stress research in that stress has been shown to be a powerful predictor of negative outcomes (Kasl & Wells, 1985; Lazarus & Folkman, 1984; McCubbin, et al., 1982; Selye, 1956/1976).

Discussion

The primary objectives of this study were twofold. First, a psychometric evaluation of a revised version of the MFLWSI using data from a contemporary sample of Canadian military spouses was planned. The second goal was the exploration of potential differences between peacekeeping and non-peacekeeping spouses concerning their perceptions of stressors experienced and scores on the GWB. The results of these analyses will be discussed separately, followed by a discussion of limitations of this research and suggestions for future research.

Psychometric Analysis of the Instrumentation

Analysis of occupational stressor sub-scales. Results indicate that the factor structures of the life-role stressor scales, as published by Pearlin and Schooler (1978) and provided by S. Truscott in a working copy of the MFLWSI, are psychometrically acceptable. Confirmatory factor analysis (CFA) of Occupational life-role stressors and exploratory factor analyses (EFA) of the other 10 life-role areas, all of which were followed-up by reliability analyses, indicated that most items loaded on their previously identified factors. Factor loadings and/or corrected item-total correlations below the 0.3 criterion

level; however, resulted in one or more items being dropped from most factors.

Pearlin and Schooler (1978), Popoff et al. (1982), and Popoff and Truscott (1986) provided the theoretical bases for these sub-scales and described their empirical development. Analyses conducted in this study provide support for the use of these sub-scales (see Appendices A and B) when studying stressors in a Canadian military spousal population. The reader is cautioned that, because this spousal population was predominantly army, these findings may not generalize to the overall Canadian military spousal population.

Exploratory analysis to investigate the factor structure underlying the life-role areas was chosen after finding that 42 out of 55 of the possible correlations were significant at $\alpha < .05$. It seemed reasonable that one or more latent factors might be influencing these correlations. This was supported by the EFA. Factors named Employment, Military Influences on Daily Life, Parenthood, and Postings/Mobility were identified. Reliability analyses indicated that all but two life-role area stressor total scores had adequate corrected item-total correlations. This analysis supports comments made by Popoff et al. (1986) that stressors in different life-role areas would be expected to have reciprocal influences upon each other.

Peacekeeper - Non-Peacekeeper Comparisons

Multivariate analyses of life-role area stressors. Of the 11 MANOVAs where peacekeeper status was used to predict life-role area sub-scale scores only one was significant, that for the Marriage to Someone in the Forces life-role area. Discriminant function analysis was used to identify differences and indicated that peacekeeping, as compared to non-peacekeeping spouses, expressed greater concerns that their military spouses had been exposed to more dangerous work conditions and would be less prepared for civilian work when they left the CF. They also reported fewer personal career-related problems attributable to their association with the CF.

These results may have been influenced by two factors. First, more of the multivariate analyses may have been significant had I used a more precise measure of peacekeeper status. As it was, respondents were asked to indicate whether they or their spouse had ever served on a peacekeeping duty, without regard for when it had taken place. Despite this, approximately 66% of the personnel from this base had returned from peacekeeping duties within the three-month period prior to the survey being administered. Considering that 65.6% of the respondents reported that either they or their spouse had peacekeeping

experience, it is considered that they were representative of the base spousal population.

The second (and related) potential influence on these results was the survey administration time frame with respect to return from peacekeeping. Peacekeepers returned from duty in the September to November 1994 time frame and the survey was administered between 1 - 15 December 1994. Potential influences of peacekeeping separation on life-role area stressors may have been diminished, or in some cases even eliminated, between the time that families were reunited and the time when the survey was administered. Different results, therefore, may have been obtained if the MSSS had been administered during a peacekeeping tour.

Univariate analyses of life-role area stressors.

Univariate t-test results indicated significant differences between the means for peacekeeping and non-peacekeeping groups on four of the life-role areas. First, t-tests for the "Marriage in General" life-role area total score and its "Lack of Intimacy" sub-scale score were significant. Both of these tests indicated that peacekeeping spouses reported higher stressor levels than did non-peacekeeping spouses. These results may be partially explained by the comment made by Solomon, Mikulincer, Freid, and Wosner (1987) that "the returning veteran may come home to a power struggle that

undermines his ability to reassume his role as head of the household" (p. 390).

Second, within the "Marriage to Someone in the Forces" life-role area, peacekeeping spouses reported higher levels on the "Noxious Work Conditions" and "Inadequacy of Future Job Rewards" sub-scales. Given the magnitude of the armed conflict in the former Yugoslavia and the Canadian peacekeeper casualties that occurred during this peacekeeping tour, the "Noxious Work Conditions" difference was as expected.

There are a number of possible explanations for the difference between the two groups on the "Inadequacy of Future Job Rewards" sub-scale. The majority of peacekeepers are combat arms or combat support personnel who, for the most part, do not receive any civilian accreditation for their military qualifications or experiences. Conversely, base support personnel, who were less likely to be tasked for peacekeeping missions, were more likely to have been in occupations that provided them with more marketable skills (e.g., carpenter, electrician, and electronics technician). Another explanation is that personnel serving in combat arms units, because of frequent absences on field exercises and peacekeeping missions, have fewer opportunities to pursue academic upgrading or technical training than do personnel

serving in static units, thereby making them less prepared to leave the CF.

The third life-role area to show significant differences was "Civilian Unemployment/Homemaker." For the sub-scales "Time Constraints" and "Inadequate Resources" non-peacekeeping spouses reported significantly higher means. It may be that the presence of military members at home reduced the opportunity for non-peacekeeping spouses to participate in recreational activities and to socialize with friends (Time Constraints). Conversely, peacekeeping spouses may have been free from these constraints. This was supported by anecdotal evidence in the form of comments made by some spouses. These wives described service-related separations as providing them with opportunities to participate in activities not possible when their husbands were at home. The significant difference between the two groups for the "Inadequate Resources" sub-scale may have resulted from peacekeepers receiving additional pay while on the peacekeeping mission.

Lastly, for the "Parenthood" life-role area, a significant result was obtained for the "Disregard for Parental Status" sub-scale. Non-peacekeeping spouses reported higher mean scores than did peacekeeping spouses. It is possible that children in peacekeeping families, particularly older children, partially assumed the role of

the absent parent (Hill, 1949). Peacekeeping children may have also been better behaved after their peacekeeping parent returned. Also, it is possible that the euphoria connected with the reunification of the family led respondents to minimize children's misbehaviours when completing the items in this sub-scale.

GWB Comparisons The results of t-tests between peacekeeper status groups and the GWB indicate that there were significant differences on the total score and on three of the six sub-scales, even though the means of both groups still fell within the Positive Well-Being Category. In every case, non-peacekeeping spouses reported lower levels of Positive Well-Being than did peacekeeping spouses. These results were opposite to the hypothesis that peacekeepers' spouses, as compared with non-peacekeepers' spouses, would score higher on the GWB.

It is possible that psychological preparation for the separation and increased support provided to peacekeeping spouses by friends, family, and various military organizations helped reduce psychological distress to below normal levels. Additionally, soldiers are typically excluded from peacekeeping duties if they are known to have experienced severe medical, emotional, disciplinary, or financial problems, or if members of their immediate family

have problems that preclude their deployment. The results could have been influenced by a higher percentage of non-peacekeeping military families having these sorts of problems as compared to peacekeeping families. It is anticipated that such differences also should have manifested themselves in responses to the life-role stressor items; however, this was not so. Future researchers may want specifically to question non-peacekeeping spouses to determine if there are any reasons that preclude the military member from being selected for peacekeeping duty.

Stressors as Predictors of GWB Outcome Measures

Supplementary analyses were conducted to investigate the relationships between stressor total scores and the GWB total and sub-scale scores. Results of multiple regression analyses indicate that the life-role total scores account for a significant percentage of the variability in the GWB total score and in all of its sub-scale scores. These findings provide partial support for Pearlin and Schooler's (1978) model of stress based upon different life-roles. The reader should be advised that these results do not preclude the data supporting other models of stress should analyses be approached from a different theoretical perspective (e.g., Lavee, McCubbin, & Patterson, 1985; Vingerhoets, 1985; Walker, 1985).

Research Implications

The results of the psychometric analysis of the instrument provide evidence to support its continued use by the CF. Further research is required to establish that the MSSS scale and sub-scale factor structures apply to the overall military spousal population. However, development of the military-specific life-role area scales included the involvement of military spouses from diverse backgrounds, including those from land, sea, air, training, and support elements (Popoff, et al., 1982). It is therefore anticipated that a small random sampling of spouses from all of the elements would be sufficient to validate the MSSS for general use in the Canadian military spousal population.

Statistical differences were found between peacekeeping and non-peacekeeping spousal groups, even though peacekeepers had returned home from one to three months prior to the administration of the MSSS. Given the conservative nature of this study, more pronounced differences would likely be found during a peacekeeping tour, particularly if it is in an area of intense conflict.

Although it is not possible to infer causation from the ex post facto design employed in this study, results suggest that the CF should focus on minimizing the concerns of military spouses with respect to the dangers that peacekeepers are exposed to. Past research (Finn, 1987;

Schumm, et al., 1994; Teitelbaum, 1993) supports enhancing personal communication (i.e., the opportunity to make frequent free telephone calls from within the theatre of operations), the dissemination of information in a timely, detailed, and personal manner before an incident is introduced through the media (i.e., networks to disseminate information and spousal information hot-lines), and the development of both formal and informal family support organizations. These mechanisms are currently in place; however, future research could help focus the commitment of resources into those areas that produce the maximum benefits and could also help identify other mechanisms to improve the current system.

Limitations to the Present Research and Recommendations for Future Research

A number of potential limitations with the study should be noted. First, although the sample seemed representative of the population under study it was impossible to determine this with any amount of precision. It is possible that unidentified selection biases resulted in systematic differences between respondents and non-respondents. Second, this survey was limited to the spouses of military personnel stationed at a Canadian Army base. This may limit the results as generalizable to spouses at army bases as

opposed to those at air force, navy, and training bases or at locations such as National Defence Headquarters in Ottawa.

One of the primary purposes of this survey was to explore differences between peacekeeping and non-peacekeeping spouses; however, as noted above, the survey was administered after military members returned from peacekeeping duty. Future research into this area should ensure that surveys are administered during a peacekeeping tour. If only one administration is possible, I recommend that it be done during the third, fourth, or fifth month of a six-month tour. This would permit military members to be absent for sufficiently long periods that new stressors could develop or existing stressors become exacerbated. Administration during the sixth month should be avoided because, during this time frame, stay-at-home spouses usually begin to psychologically and physically prepare for the return of their peacekeeping spouses. On the other hand, administration during the deployment and redeployment time frames would be desirable in a longitudinally designed study.

In this study it was not possible to identify influences that may have contributed to the unexpected differences between peacekeeping and non-peacekeeping spouses with respect to their GWB total scores. Future

research might address this concern by asking non-peacekeeping spouses if there were any reasons for the military member not to have been tasked for peacekeeping duties.

Conclusion

In closing, this study examined the psychometric properties of the stressor structures of the 11 life-role areas and the factor structure of the General Well-Being Schedule. Although these sections of the MSSS were judged to be psychometrically sound, the sample consisted mostly of Army spouses and may not generalize to the overall Canadian Forces spousal population. Analyses identified some significant differences between peacekeeping and non-peacekeeping spouses, although they were not as pronounced as expected and one was opposite to the result anticipated.

Although the data reported here may advance the appreciation of stress processes in Canadian military spouses, longitudinal research with a more heterogeneous sample of spouses is recommended if we are to better understand the complexities of military spousal stress.

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APPENDIX A

MILITARY SPOUSAL STRESS SURVEY

This survey will provide important information about the problems experienced by families of members of the Canadian Forces. Your participation in the survey is strictly voluntary, no record of participation will be made, and the surveys are anonymous. Your participation is encouraged so that the data will be complete and representative of spouses at CFB Calgary. Only group statistics will be reported. Please respond to all items that apply to you.

A comments section has been provided at the end of the survey; however, please feel free to write comments beside or underneath questions as you complete the questionnaire.

Should you wish a confidential reply to any question or concern, you may contact the researcher, Colin Mombourquette at 249-0117 or Dr Lorne Sulky at 220-5050. Alternatively, you may wish to write your question or concern on a separate sheet of paper along with your address or telephone number. Should you wish a response, any information that identifies you will be destroyed as soon as your reply has been sent.

***THANK YOU
FOR
YOUR HELP!***

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SECTION A: Daily Life

PART 1: OCCUPATION

If you are currently in paid employment please continue, otherwise circle the N/A to the right and go on to Part 3 on page 10. N/A

1. Here are conditions that people sometimes experience in connection with their jobs. We'd like you to tell us how much of the time you experience these job conditions. (Please circle the number that comes closest to your answer).

How much of the time:	Never or Almost Never	Once in a While	Much of the Time	Almost Always	Not Applic -able
a. Do you have more work than you can handle?	1	2	3	4	N/A
b. Are you under pressure to keep up with new ways of doing things?	1	2	3	4	N/A
c. Do people come to you for your opinions about how the work should be done?	1	2	3	4	N/A
d. Do you feel that you are not qualified to handle the job?	1	2	3	4	N/A
e. Are you in danger of injury of illness on the job?	1	2	3	4	N/A
f. Do you work in adverse or difficult environmental conditions?	1	2	3	4	N/A
g. Do you depend on others for your safety?	1	2	3	4	N/A
h. Do you have a lot of noise on the job?	1	2	3	4	N/A
i. Are you interrupted by sounds such as bells, whistles, or buzzers?	1	2	3	4	N/A

2. Here are different things that sometimes happen to people on their jobs.

On your job how often are you bothered by:	Never or Almost Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
a. The feeling that you have too little authority to carry out the responsibilities assigned to you?	1	2	3	4	N/A
b. Being unclear on just what the scope and responsibilities of your job are?	1	2	3	4	N/A
c. Not knowing what opportunities for advancement or promotion exist for you?	1	2	3	4	N/A
d. Not knowing what your supervisor thinks of you or how your performance is evaluated? . . .	1	2	3	4	N/A
e. Feeling unable to influence your immediate supervisor's decisions and actions that affect you? .	1	2	3	4	N/A
f. Thinking that you'll not be able to satisfy the conflicting demands of various people over you?	1	2	3	4	N/A
g. Not knowing just what the people you work with expect of you? .	1	2	3	4	N/A
h. New job demands initiated by your supervisor?	1	2	3	4	N/A
i. The feeling that your job may interfere with your family life? .	1	2	3	4	N/A
j. The feeling that your family life may interfere with your job?	1	2	3	4	N/A
k. The amount of work you have to do may interfere with the time you have to socialize?	1	2	3	4	N/A

3. Here are different things that sometimes happen to people on their job.

On your job how often:	Almost Always	Much of the Time	Once in a While	Never or Almost Never	Not Applic able
a. Do people treat you in an unfriendly way?	4	3	2	1	N/A
b. Do people act towards you as if you are a person without real feelings?	4	3	2	1	N/A
c. Are you treated unfairly by another person on the job? . .	4	3	2	1	N/A
d. Do you have tasks that no one else wants to do?	4	3	2	1	N/A

4. We would like to know the kinds of feelings you get when you think of your day-to-day job - your working conditions, your pay, your hours of work, and the people you work with. Adding up all the good and bad points about your job, how stressful do you find your job?

Not at All	Only a Little	Somewhat	Very
1	2	3	4

5. Here are different things that people do to help themselves get along on their jobs.

Please tell us:	Much Better	Somewh at Better	About the Same	Not as Good	Not Applic -able
a. How does your work life compare now with what it was about one year ago?	4	3	2	1	N/A
b. When you think about the future, what would you say your work life will be like a year or so from now?	4	3	2	1	N/A
c. When you add up all of the good and bad things about your job, how do you think it compares with the jobs of most other people you know?	4	3	2	1	N/A

6. Work means different things to different people. We'd like to know what it means to you personally.

How much do you agree or disagree with these statements:

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
--	-------------------	-------------------	----------------	----------------

- | | | | | |
|--|---|---|---|---|
| a. I can put up with a lot on my job as long as the pay is good. | 1 | 2 | 3 | 4 |
| b. As soon as I leave work I put it out of my mind. | 1 | 2 | 3 | 4 |
| c. I have to accept my job as it is because there's nothing I can do to change it. | 1 | 2 | 3 | 4 |
| d. The most important thing about my job is that it provides me with the things that I need in life. | 1 | 2 | 3 | 4 |
| e. Time solves most problems on my job. | 1 | 2 | 3 | 4 |

7. Here are other things that people do to help themselves to get along on their jobs.

How often do you:

	Never	Once in a While	Fairly Often	Almost Always
--	-------	-----------------	--------------	---------------

- | | | | | |
|---|---|---|---|---|
| a. Try to pay attention only to your duties in order to overlook difficulties in your work situation? | 1 | 2 | 3 | 4 |
| b. Talk to others to find a solution to difficulties in the work situation. | 1 | 2 | 3 | 4 |
| c. Tell yourself that difficulties in your work are not important in your life. | 1 | 2 | 3 | 4 |
| d. Take some action to get rid of the difficulties in your work situation. | 1 | 2 | 3 | 4 |
| e. Just wait for a difficulty to work itself out. | 1 | 2 | 3 | 4 |

8. How much can each of these people be relied upon when things get tough at work?

	Not at All	A Little	Some- what	Very Much	Not Applic- able
a. Your immediate supervisor (boss).	1	2	3	4	N/A
b. Other people at work.	1	2	3	4	N/A
c. Your husband/wife.	1	2	3	4	
d. Your relatives.	1	2	3	4	
e. Your friends/neighbours. . . .	1	2	3	4	

9. How often is each of the following people willing to listen to your work-related problems?

	Not at All	A Little	Some- what	Very Much	Not Applic- able
a. Your immediate supervisor (boss).	1	2	3	4	N/A
b. Other people at work.	1	2	3	4	N/A
c. Your husband/wife.	1	2	3	4	
d. Your relatives.	1	2	3	4	
e. Your friends/neighbours. . . .	1	2	3	4	

10. How often is each of the following people a support to you in getting your job done?

	Not at All	A Little	Some- what	Very Much	Not Appli- c-able
a. Your immediate supervisor (boss).	1	2	3	4	N/A
b. Other people at work.	1	2	3	4	N/A
c. Your husband/wife.	1	2	3	4	
d. Your relatives.	1	2	3	4	
e. Your friends/neighbours. . . .	1	2	3	4	

11. We would like to know how strongly you agree or disagree with the following statements:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Not Applic -able
a. I view my work more as a job than as a career. . .	1	2	3	4	
b. In order not to threaten my marriage I have cut back on my career involvement.	1	2	3	4	
c. My career has made me a better mother/father than I otherwise would have been.	4	3	2	1	N/A
d. In case of conflicting demands between family and job, my primary responsibilities are to my spouse and/or children.	1	2	3	4	

12. Please indicate how well you managed your job during the past week:

During the past week I was able to handle my job:

Very well	1
Fairly well	2
About average	3
Poorly	4
Very poorly	5

PART 2: DUAL CAREER COUPLES

If you are currently in paid employment please continue,
otherwise go on to Part 3 on page 10.

1. Now here are some issues that sometimes arise when both partners in a marriage are working:

How often have you wondered if:	Never	Once in a While	Fairly Often	Almost Always
a. The Forces gives preference to your spouse's military career over your career?	1	2	3	4
b. The Forces treats working couples fairly?	1	2	3	4
c. Your career has suffered because of your spouse's military career?	1	2	3	4

2. How often have you:

	Never	Once in a While	Fairly Often	Almost Always
a. Wondered if your career is important enough for you or your spouse to accept an unaccompanied posting?	1	2	3	4
b. Discussed with your spouse the feasibility of both of you continuing to work?	1	2	3	4
c. Taken or thought of taking a poorer career posting/job to be close to your spouse/family?	1	2	3	4

3. How often would you say that your working:

	Never	Once in a While	Fairly Often	Almost Always	Not Applic- able
a. Leads to disagreements between you and your spouse about things you do in your leisure time?	1	2	3	4	
b. Leads to disagreements between you and your spouse over money matters?	1	2	3	4	

	Never	Once in a While	Fairly Often	Almost Always	Not Applic- able
c. Results in disagreements/concerns over household chores?	1	2	3	4	
d. Results in disagreements over the care of, or arrangements for your children?	1	2	3	4	N/A

4. If you are also in the Canadian Forces, how much do differences in rank between you and your spouse present difficulties in your social life?

Not at All	Only a Little	Somewhat	Very	Not Applic- able
1	2	3	4	N/A

5. Think of maintaining two separate careers in your family: your family income, job opportunities, household management, child care, and so on. Adding up all the good and bad points, how stressful do you find maintaining two careers in your family?

Not at All	Only a Little	Somewhat	Very
1	2	3	4

6. How strongly do you agree or disagree with each of the following:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. I can accept the difficulties associated with a two career family because our income gives us the things we want.	1	2	3	4
b. Promotion in my career is not as important to me as our combined family income.	1	2	3	4
c. I am willing to accept a job with fewer duties and responsibilities in order to keep my family together. . . .	1	2	3	4
d. I try to work a regular 8 hour day in order to spend time with my spouse/children.	1	2	3	4

	Not as Good	About the Same	Somewhat Better	Much Better
e. Adding up all the good and bad points of a two income family, how do you think it compares with that of a single income family?	1	2	3	4

PART 3: MARRIAGE IN GENERAL

1. We would like to ask you about some of your experiences and feelings as a wife/husband. For each question please circle the number that comes closest to your answer.

Much Not About
Worse as Good the Somewhat Much
 Same Better Better

- a. All things considered, how would you compare your marriage to that of most other people like yourself? Would you say that your marriage is:

1 2 3 4 5

Gets Stays
Less About
Good the Same Gets
 Better

- b. Judging from your personal experiences, would you say that your marriage gets better with time, that it stays about the same, or that it gets less good with time?

1 2 3

Almos Much of Once Never
Always the Time in a or
 While Almost
 Never

- c. During a typical week, about how often do you find yourself thinking over any problems in your marriage?.....

1 2 3 4

2. From your experiences, how strongly you agree or disagree with these statements:

Strongly Somewhat Somewhat Strongly
Disagree Disagree Agree Agree

- a. My spouse insists on having his/her own way.....

1 2 3 4

- b. My spouse usually expects more from me than he/she is willing to give back.....

1 2 3 4

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
c. Generally, I give in more to my spouse's wishes than he/she gives in to mine.....	1	2	3	4

3. Do you agree or disagree with these statements:

My spouse is someone:	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. I can really talk with about things that are important to me.	1	2	3	4
b. Who is affectionate towards me..	1	2	3	4
c. Who is a good wage earner.....	1	2	3	4
d. Who is a good sexual partner....	1	2	3	4

4. Here are some statements concerning how people feel about themselves in their marriages. How strongly do you agree or disagree with the following:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. My spouse seems to bring out the best qualities in me.....	1	2	3	4
b. My spouse appreciates me just as I am.....	1	2	3	4

5. Here are some techniques that married couples use to avoid difficulties of to settle differences between themselves.

How often do you:	Never	Once in a While	Fairly Often	Very Often
a. Yell or shout to let off steam?	1	2	3	4
b. Blame the Forces?	1	2	3	4
c. Keep out of your spouse's way for a while?.....	1	2	3	4
d. Give in more than half-way?	1	2	3	4
e. Sit down and talk things out? ..	1	2	3	4
f. Just get completely discouraged about changing anything?	1	2	3	4
g. Tell yourself the difficulties are not important?	4	3	2	1

How often do you:	Never	Once in a While	Fairly Often	Very Often
h. Try to overlook your spouse's faults and pay attention only to good points?.....	4	3	2	1
i. Wait for time to remedy the difficulty?.....	4	3	2	1
j. Just keep your hurt feelings to yourself?.....	1	2	3	4
k. Talk out your feelings with a friend?.....	1	2	3	4
l. Try to find a fair compromise?..	1	2	3	4

6. In the past year or so, if you felt you were in need of advice concerning your marriage, how often did you:

	Never	Not Often	Often	Very Often	Not Applic- able
a. Go to a civilian doctor, counsellor, or other professional person for marriage advice?.....	1	2	3	4	N/A
b. Go to a military doctor, counsellor, or other professional person for marriage advice?.....	1	2	3	4	N/A
c. Ask the advice of a friend or neighbour about getting along in marriage?.....	1	2	3	4	N/A
c. What about relatives, have you asked for their advice in the past year or so?.....	1	2	3	4	N/A

7. When you are experiencing marital problems, how often do you try to forget them by:

	Very Often	Often	Not Often	Never
a. Involving yourself in social activities?.....	1	2	3	4
b. Involving yourself in religious activities?.....	1	2	3	4

- | | Very
Often | Often | Not
Often | Never |
|---|---------------|-------|--------------|-------|
| c. Involving yourself totally in
your daily activities?..... | 1 | 2 | 3 | 4 |

8. Think now of all the pleasures and problems that go into daily life with your spouse.

When you think of these things:	Not at All	Only a Little	Somewhat	Very
------------------------------------	---------------	------------------	----------	------

How <u>bothered</u> or <u>upset</u> do you feel?	1	2	3	4
---	---	---	---	---

9. The following statements are about families. You are asked to decide which statements are true of your present family and which are not.

True: Circle "T" when you think the statement is True or Mostly True of your family.
False: Circle "F" when you think the statement is False or Mostly False of your family.

Please attempt to answer every statement.

- | | | |
|---|---|---|
| a. Family members really help and support one another..... | T | F |
| b. Family members often keep their feelings to themselves... | T | F |
| c. We fight a lot in our family..... | T | F |
| d. We don't do things on our own very often in our family... | T | F |
| e. We feel it is important to be the best at whatever you do | T | F |
| f. We often talk about political and social problems..... | T | F |
| g. We spend most weekends and evenings at home..... | T | F |
| h. Family members attend Church, Synagogue, or Sunday School
fairly often..... | T | F |
| i. Activities in our family are pretty carefully planned..... | T | F |
| j. Family members are rarely ordered around..... | T | F |
| k. We often seem to be killing time at home..... | T | F |
| l. We say anything we want to around the home..... | T | F |
| m. Family members rarely become openly angry..... | T | F |

- n. In our family, we are strongly encouraged to be independent..... T F
- o. Getting ahead in life is very important in our family.... T F
- p. We rarely go to lectures, plays, or concerts..... T F
- q. Friends often come over for dinner or to visit..... T F
- r. We don't say prayers in our family..... T F
- s. We are generally very neat and orderly..... T F
- t. There are very few rules to follow in our family..... T F
- u. We put a lot of energy into what we do at home..... T F
- v. Its hard to "blow off steam" at home without upsetting someone..... T F
- w. Family members sometimes get so angry they throw things.. T F
- x. We think things out for ourselves in our family..... T F
- y. How much money a person makes is not very important to us T F
- z. Learning about new and different things is very important in our family..... T F
- A. We often talk about the religious meaning of Christmas, Passover, or other holidays of meaning to us..... T F
- B. Its often hard to find things when you need them in our household..... T F
- C. There is one family member who makes most of the decisions..... T F
- D. There is a feeling of togetherness in our family..... T F
- E. We tell each other about our personal problems..... T F
- F. Family members hardly ever loose their tempers..... T F
- G. We come and go as we want in our family..... T F
- H. We believe in competition and "may the best person win".. T F
- I. We are not very interested in cultural activities..... T F
- J. We often go to movies, sports events, camping, etc... .. T F
- K. We don't believe in heaven or hell..... T F
- L. Being on time is very important in our family..... T F
- M. There are set ways of doing things at home..... T F

PART 4: MARRIAGE TO SOMEONE IN THE FORCES

1. Here are some things that can be stressful for spouses of military members. Please circle the number that comes closest to your answer.

	Never	Once in a While	Fairly Often	Almost Always
a. Do you wonder if your spouse is in danger of injury or illness on the job?.....	1	2	3	4
b. Are you concerned about the environmental conditions your spouse works in?.....	1	2	3	4

2. How strongly do you agree or disagree that:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Don't Know
a. Your spouse's job provides your family with fringe benefits such as inexpensive housing, retirement benefits, and travel.	1	2	3	4	
b. Your spouse's job provides an adequate income.....	1	2	3	4	
c. Your spouse's chances for promotion in the next year or so are good.....	1	2	3	4	?
d. Your spouse's present work prepares him/her for a civilian job when he/she leaves the Forces.....	1	2	3	4	?
e. There is a good chance that your spouse will be out of a job when he/she leaves the Forces.....	4	3	2	1	?

3. When you think of your spouse's day-to-day job:

	Very	Somewhat	Only a Little	Not at All
How bothered or upset do you feel?.....	4	3	2	1

4. Here are some problems that some civilian spouses may encounter.

How often:	Never	Once in a While	Fairly Often	Almost Always	Not Applic- able
a. Have you experienced difficulties finding employment after being posted to a new location?.....	1	2	3	4	N/A
b. Have you had to quit a job or give up career opportunities because of a posting?.....	1	2	3	4	N/A
c. Have you given up a career opportunity in order to support your spouse's career?.....	1	2	3	4	N/A
d. Have you wondered whether you have been refused employment because of your association with the Forces?.....	1	2	3	4	N/A

5. In terms of your career aspirations or goals, how stressful is it to be married to a member of the Forces?

Not at All	A Little	Somewhat	Very	Not Applic- able
1	2	3	4	N/A

6. In terms of your life aspirations or goals, how stressful is it to be married to a member of the Forces?

Not at All	A Little	Somewhat	Very
1	2	3	4

7. Here are some techniques people use to deal with the difficulties of not having a career while being married to a service person.

How often do you:	Very Often	Often	Not Often	Never	Not Applic- able
a. Tell yourself that your career is not important.....	1	2	3	4	N/A
b. Keep so busy that you don't have time to think about a career....	4	3	2	1	N/A

How often do you:	Very Often	Often	Not Often	Never	Not Applic- able
c. Get completely discouraged about pursuing a career.....	1	2	3	4	N/A
d. Keep your career plans to yourself.....	1	2	3	4	N/A
e. Blame the Forces for your career difficulties.....	4	3	2	1	N/A
f. Tell yourself that being a homemaker is more important than having a career.....	1	2	3	4	N/A
g. Take any job that is available to you.....	4	3	2	1	N/A

8. How involved are you in each of the following activities:

	Very	Somewhat	Only a Little	Not at All
a. Voluntary associations.....	4	3	2	1
b. Nightschool or academic courses.	4	3	2	1
c. Hobbies.....	4	3	2	1
d. Home-based business (babysitting, Amway, etc....)	4	3	2	1
e. Your children or your family....	4	3	2	1
f. Your spouse's career.....	4	3	2	1
g. Religious activities.....	4	3	2	1

9. What sort of effect has your spouse's working with service persons of the opposite sex had on your marriage:

Very positive	1
Positive	2
Neither negative nor positive	3
Negative	4
Very negative	5
Not applicable (spouse does not work with persons of the opposite sex	6
Don't know	9

10. One of the potential outcomes of people of the opposite sex working together is the development of male/female personal attachments. In your situation, have you noticed that this is:

Not a problem as it has not occurred	1
An occurrence that was easily solved	2
A problem that has been solved only with difficulty ..	3
A problem that cannot be solved	4
Not applicable (spouse does not work with persons of the opposite sex	5
Don't know	9

PART 5: CIVILIAN UNEMPLOYMENT/HOMEMAKER

If you are currently unemployed or work in the home please continue, otherwise circle the N/A to the right and go on to Part 6 on page 19. N/A

1. How much is being a homemaker or not having a paid job outside of the home on your mind?

	Never	Once in a While	Fairly Often	Almost Always
Is it something that you think about	1	2	3	4

2. How often does being a homemaker or not having a paid job cause you any of the following problems:

	Never	Once in a While	Fairly Often	Almost Always
a. Having too much time and not enough to do?	1	2	3	4
b. Not being able to buy the things you/your family need(s)?.....	1	2	3	4
c. Having to depend on others for help?.....	1	2	3	4
d. Not having enough time for recreation?.....	1	2	3	4
e. Not seeing enough of your friends?.....	1	2	3	4
f. Having arguments at home?.....	1	2	3	4
g. People not being interested in you?.....	1	2	3	4
h. Not being able to get out of the house because of inadequate transportation facilities?.....	1	2	3	4

3. Think for a moment of the things that happen to you because you are a homemaker or unemployed.

When you think of these things:	Very	Somewhat	Only a Little	Not at All
How bothered or upset do you feel?.....	4	3	2	1

PART 6: PARENTHOODNot
Applicable

If you have NO CHILDREN please circle the "N/A" and
go on to Part 7 on page 25.

N/A

As a parent, how often do you have the following experiences
with your child/children?

Please use the "Not Applicable" category only if your children
are too young to allow you to answer the question.

1. How often does it happen that:

	Never	Once in a While	Fairly Often	Very Often	Not Applicable
a. You are treated without proper respect?.....	1	2	3	4	N/A
b. Your advice and guidance are ignored?.....	1	2	3	4	N/A
c. You are disobeyed?.....	1	2	3	4	N/A

2. As a parent, how often do you have to give some attention to
the correction of your child's/children's:

	Never	Once in a While	Fairly Often	Very Often	Not Applicable
a. Behaviour problems?.....	1	2	3	4	N/A
b. Having the wrong kind of friends?.....	1	2	3	4	N/A
c. Failing to get along with others of the same age?.....	1	2	3	4	N/A
d. Poor school work?.....	1	2	3	4	N/A
e. Poor use of spare time?.....	1	2	3	4	N/A

3. As a parent, how often do you wonder if your child/children is/are:

	Never	Once in a While	Fairly Often	Very Often	Not Applic- able
a. Living too much for the present and thinking too little of what lies ahead?.....	1	2	3	4	N/A
b. Not practising the moral beliefs that are important to you?.....	1	2	3	4	N/A
c. Showing too little interest in religion?.....	1	2	3	4	N/A
d. Might be tempted by others to try illegal drugs (not alcohol)?	1	2	3	4	N/A
e. Not trying hard enough to prepare for the life ahead?.....	1	2	3	4	N/A
f. Might be using or using too much alcohol?.....	1	2	3	4	N/A
g. Not headed for the success you want for him/her/them?.....	1	2	3	4	N/A

4. How often has it happened that:

	Never	Once in a While	Fairly Often	Very Often	Not Applic- able
a. You have had difficulty making satisfactory child care arrangements?.....	1	2	3	4	N/A
b. You have had to leave work early or promptly in order to meet your family responsibilities?...	1	2	3	4	N/A
c. You have had to call <u>unexpectedly</u> on someone to care for your child/children because you or your spouse had to work?.	1	2	3	4	N/A
d. You have wondered if your children were being given the proper care and guidance in their present child care environment?.....	1	2	3	4	N/A

5. Here are different things that parents do when they find something in their children's behaviour that it troublesome.

How often do you:	Never	Once in a While	Fairly Often	Very Often	Not Applic- able
a. Remind yourself that things could be worse?.....	4	3	2	1	N/A
b. Look around at other parents to see how much better off you are than they?.....	4	3	2	1	N/A
c. Think that it's behaviour that she/he/they will just outgrow?..	4	3	2	1	N/A
d. Scold your children?.....	1	2	3	4	N/A
e. Take away a privilege?.....	1	2	3	4	N/A
f. Threaten or give some kind of physical punishment?.....	1	2	3	4	N/A

6. In the past year or so how often have you:

	Never	Once in a While	Fairly Often	Very Often	Not Applic- able
a. Discussed of asked for the advice of a <u>relative</u> concerning difficulties in your child's/children's behaviour?...	4	3	2	1	N/A
b. Discussed of asked for the advice of non-military friends or neighbours concerning difficulties in your child's/children's behaviour?...	4	3	2	1	N/A
c. Discussed of asked for the advice of military friends or neighbours concerning difficulties in your child's/children's behaviour?...	4	3	2	1	N/A
d. Discussed of asked for the advice of a Forces doctor, social worker, counsellor, or other professional person concerning difficulties in your child's/children's behaviour?...	4	3	2	1	N/A

	Never	Once in a While	Fairly Often	Very Often	Not Applic- able
e. Discussed of asked for the advice of a non-Forces doctor, social worker, counsellor, teacher, or other professional person concerning difficulties in your child's/children's behaviour?	4	3	2	1	N/A
f. Discussed of asked for the advice of your supervisor or boss concerning difficulties in your child's/children's behaviour?	4	3	2	1	N/A

7. Now we have some questions about being a parent:

	Many More	A Few More	A Few Less	A Lot Fewer	Don't Know
a. When you think of your experiences as a parent so far, how would you compare yourself with other <u>military parents</u> having children about the same age(s) as yours. Would you guess that you have had more or fewer problems?.....	1	2	3	4	?
	Almost Always	A Good Part of The Time	Very Little of the Time	Almost Never or Not At All	
b. During the typical day, how often do you find that problems of being a parent are on your mind?.....	1	2	3	4	

Many A Few A Few A Lot Don't
More More Less Fewer Know

- c. When you think of your experiences as a parent so far, how would you compare yourself with other civilian parents having children about the same age(s) as yours? Would you guess you have had more or fewer problems?..... 1 2 3 4 ?

8. Think now of your experiences as a parent - all the daily pleasures and daily problems that you have.

Very Somewhat Only a Not at
 Little All

- a. When you think of your experiences as a parent in the Forces, how frustrated, bothered, or upset do you feel?. 1 2 3 4

9. At present do any of your children have any problems with their health, any sickness, injury, or handicap?

No 1 (If not, go to question 10)
Yes 2 (Please continue below)

- a. If yes, how many of your children have a health problem, and for how long have they had this problem?

Length of Problem

Child	Had No Problems	Less Than 1 Month	1-3 Months	4-6 Months	7-12 Months	Over 1 Year
1st.....	1	1	2	3	4	5
2nd.....	2	1	2	3	4	5
3rd.....	3	1	2	3	4	5
4th.....	4	1	2	3	4	5
5th or more.	5	1	2	3	4	5

Almost A Good Very Almost
Always Part of Little Never
 The Time of the or Not
 Time At All

- b. How often are your child's/children's problems on your mind?..... 4 3 2 1

10. During the past year how many of your children were kept home for health reasons or sickness and for how long:

Child	Length of Time Kept Home					
	Never Kept Home	Less Than 1 Week	1-2 Weeks	3-4 Weeks	1-2 Months	Over 3 Months
1st	1	1	2	3	4	5
2nd	2	1	2	3	4	5
3rd	3	1	2	3	4	5
4th	4	1	2	3	4	5
5th or more.	5	1	2	3	4	5

PART 7: FINANCES

Now we have some questions about your family's financial situation. Please circle the number that comes closest to your answer.

1. During a typical week:

	Never	Once in a While	Fairly Often	Almost Always
About how much are money problems on your mind?.....	1	2	3	4

2. How often does it happen that you do not have enough money to afford:

	Never	Once in a While	Fairly Often	Almost Always	Not Applic- able
a. The kind of food you or your family should have?.....	1	2	3	4	N/A
b. The kind of medical care you or your family should have?.....	1	2	3	4	N/A
c. The kind of clothing you or your family should have?.....	1	2	3	4	N/A
d. Accommodation that is large enough and comfortable enough for you or your family?.....	1	2	3	4	N/A
e. The kind of car or car repairs you need?.....	1	2	3	4	N/A
f. The leisure activities that you or your family want?.....	1	2	3	4	N/A
g. The kind of child care arrangements that you or your family want?.....	1	2	3	4	N/A

3. How much difficulty do you have in meeting the monthly payments on you/your family's bills.

A Great Deal	Some	Only a Little	None
4	3	2	1

4. In general, how do your/your family's finances usually work out after each pay day? Do you find that you usually end up with:

More than enough money left over	1
Some money left over	2
Just enough money to make ends meet	3
Not enough to make ends meet	4

5. Think for a moment of your financial situation, the things you are able to afford and the things you would like to have for yourself/your family but are unable to afford. When you think of these things:

	Very	Somewhat	Only a Little	Not at All
How bothered or upset do you feel?	4	3	2	1

6. When you are short of money, how often do you think or do the following:

	Never	Once in a While	Fairly Often	Almost Always	Not Applicable
a. Notice people around you who are worse off than you?.....	1	2	3	4	N/A
b. Tell yourself that money isn't worth getting upset about?.....	1	2	3	4	N/A
g. Concentrate on more important things in life?.....	1	2	3	4	N/A

7. Thinking of yourself/your family, how much do you agree or disagree with these statements:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. I live on a strict budget.....	4	3	2	1
b. I am very careful how I spend money.....	4	3	2	1
c. I limit what I buy so I can be secure.....	4	3	2	1
d. One of the most important things about a person is the amount of money she/he has.....	1	2	3	4

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
e. My money never seems to be enough for my wants.....	1	2	3	4

8. Would you say that your total family income is higher, lower, or about the same as the following groups: (If you are unsure, simply give us your best guess or impression)

	Lower	Same	Higher.
a. Most of your civilian friends or acquaintances.....	1	2	3
b. Most of your military friends or acquaintances.....	1	2	3
c. Most of your relatives.....	1	2	3

PART 8: POSTINGS/MOBILITYNot
Applicable

If you only had one posting during your marriage to your current military spouse circle the "N/A" to the right and go on to Part 9 on page 30. N/A

Please continue with this section only if you have had more than one military posting with your current military spouse.

1. Listed below are some events associated with postings and moves that cause a person to adapt in different ways. Some individuals, for example, find the adjustment to a new work situation to be enormous, others find that very little adjustment in their life is necessary.

Think of the move to your present posting and indicate how much of an adjustment you needed in your life to handle each of the events described below.

	Amount of Adjustment				Not Applicable
	Very Little	A Little	Some	Very Much	
a. The job assigned to you or the job you were able to find was out of your trade, training, or area of specialty.....	1	2	3	4	N/A
b. A higher cost of living in the area.....	1	2	3	4	N/A
c. A lack of job opportunities for civilian spouses.....	1	2	3	4	N/A
d. Problems experienced in selling or renting your previous home...	1	2	3	4	N/A
e. Language difficulty associated with the move.....	1	2	3	4	N/A
f. The rural nature and/or lack of facilities in your new neighbourhood.....	1	2	3	4	N/A
g. A lack of friends or relatives in the area.....	1	2	3	4	N/A

Amount of Adjustment					
	Very Little	A Little	Some	Very Much	Not Applic- able
h. Different school standards relating to your child's/children's education....	1	2	3	4	N/A
i. A lack of friends for your child/children.....	1	2	3	4	N/A
j. Uncertainties about a new job...	1	2	3	4	N/A
2. How strongly do you agree or disagree with each of the following statements:					

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. I usually have adequate time to prepare for a posting.....	1	2	3	4
b. I usually receive adequate information about a new posting.	1	2	3	4
c. The Forces provides adequate support in finding accommodation on a posting.....	1	2	3	4
d. My/my spouse's new unit usually provides adequate sponsorship for our family on a posting.....	1	2	3	4
e. The Forces takes my family's needs into consideration when assigning a posting.....	1	2	3	4
f. The Forces takes my career needs into consideration when assigning a posting.....	1	2	3	4
g. Postings have prevented us from purchasing a home.....	4	3	2	1
h. Postings make it impossible to own a home.....	4	3	2	1

3. Now, how often have you wondered:

	Very Often	Often	A Few Times	Never
a. If the Forces treats your family with respect to the number of moves you have made?.....	4	3	2	1

	Very Often	Often	A Few Times	Never
b. If the Forces treats you fairly with respect to the places your family has been posted to?.....	4	3	2	1
c. About the difficulties associated with postings or moves?.....	4	3	2	1

4. Think for a moment of your postings and moves, the new challenges and experiences and the difficulties they have caused for your family.

	Very	Somewhat	A Little	Not at All
When you think of these how <u>bothered or upset</u> do you feel about postings and moves?.....	4	3	2	1

5. Think again about your postings:

	Much Better	Somewhat Better	About the Same	Not as Good
a. How does this posting compare with your last posting?.....	4	3	2	1
b. When you add up all the good and bad things about your current posting, how do you think it compares to the postings of other people in you know in the Forces?.....	4	3	2	1

6. How much do you agree or disagree with these statements:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. I can put up with a lot on this posting because it is good for my/my spouse's career.....	4	3	2	1
b. I can put up with this posting because it won't last forever...	4	3	2	1
c. I have to accept this posting as it is because there is nothing my spouse or I can do about it..	1	2	3	4

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
d. My/my spouse's postings depend upon the needs of the Forces and there is little my spouse or I can do about them?.....	1	2	3	4

7. How often:

	Very Often	Fairly Often	Once in a While	Never
a. Do you tell yourself that posting problems are part of your/your spouse's military career?.....	1	2	3	4
b. Do you try to ignore the difficulties related to your posting by only looking at good things?.....	1	2	3	4
c. Do you try to remain so busy that you don't think about your posting?.....	1	2	3	4
d. Do you complain or become angry about your posting?.....	1	2	3	4

8. If you are also in the Regular Force please complete the following, otherwise please go on to Part 9 on page 30.

How often have you:	Very Often	Fairly Often	Once in a While	Never
a. Tried to talk to your career manager to find a solution to your posting difficulties?.....	1	2	3	4
b. Attempted to have a posting changed?.....	1	2	3	4
c. Tried to talk to a superior concerning your posting difficulties?.....	1	2	3	4
d. Attempted to have a posting changed for compassionate reasons?.....	1	2	3	4

PART 9: MILITARY FORCED SEPARATIONSNot
Applicable

If you and your spouse have never been separate for military reasons CIRCLE the "N/A" to the right and go on to Part 10 on page 34.

N/A

Please continue with this section if you have had separations for military reasons.

This section deals with events that occur to military families during separations associated with temporary duty, military exercises, and peacekeeping operations.

1. When your spouse leaves or returns from duty of more than one week duration how often do you have disagreements over:

	Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
a. Duties and responsibilities in the household?	1	2	3	4	N/A
b. Budgetary matters?	1	2	3	4	N/A
c. Child's/children's behaviour?	1	2	3	4	N/A
d. Marital faithfulness?	1	2	3	4	N/A

2. When your spouse is away from home for periods longer than one week, how often has it happened that:

	Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
a. You have more work than you can handle?	1	2	3	4	N/A
b. You have difficulties managing the household tasks?	1	2	3	4	N/A
c. You have difficulties managing the household finances?	1	2	3	4	N/A
d. You have difficulties being both a mother and a father to your children?	1	2	3	4	N/A

	Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
e. Your children ignore your advice and guidance?	1	2	3	4	N/A
f. Your children help with household chores without you asking?	4	3	2	1	N/A
g. You are disobeyed by your children?	1	2	3	4	N/A
h. Your children begin mixing with the wrong kind of friends?	1	2	3	4	N/A
i. Your children misbehave?	1	2	3	4	N/A

3.

Not
Applicable

If you have children please continue, otherwise circle the N/A to the right and go on to question 4 on page 32.

N/A

During the PAST YEAR if your spouse was absent, or is currently absent on UN peacekeeping duties, courses, exercises or training, did any of your children experience any of the following during or after your spouse's absence:

(Please circle the number of each child who had/has each problem)

	Eldest <----->Youngest				
	1st	2nd	3rd	4th	5th
a. Increased sadness, tearfulness	1	2	3	4	5
b. New or increased discipline problems at home	1	2	3	4	5
c. New or increased discipline problems at school	1	2	3	4	5
d. Increased academic difficulty	1	2	3	4	5
e. Demanding more attention	1	2	3	4	5
f. Refusing to talk or communicate	1	2	3	4	5
g. Increased immature behaviour	1	2	3	4	5

Eldest <----->Youngest

h. New or increased eating problems (eating too much or too little or being too picky)	1	2	3	4	5
i. Nightmares	1	2	3	4	5
j. Trouble getting to sleep or staying asleep	1	2	3	4	5
k. In your opinion this child needs/needed professional counselling	1	2	3	4	5
l. Child saw a counsellor for problems	1	2	3	4	5

4. When your spouse is away from home:

	Never	Once in a While	Much of the Time	Almost Always
a. Are you anxious and lonely? . .	1	2	3	4
c. Do you worry about your spouse's safety?	1	2	3	4
d. Do you fear being left alone?	1	2	3	4

5. When your spouse is away from home for periods of more than one week, how often have you had difficulties when dealing with:

	Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
a. The military pay section? . . .	1	2	3	4	N/A
b. The Family Support Centre? . .	1	2	3	4	N/A
c. The military housing section? . . .	1	2	3	4	N/A
d. Your spouse's unit?	1	2	3	4	N/A

6. In dealing with military sections while your spouse is away, how often are you treated:

	Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
a. In an effective manner, with your problem being solved? . .	4	3	2	1	N/A
b. Fairly?	4	3	2	1	N/A

	Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
c. As if you were a person with real feelings?	4	3	2	1	N/A

7. Here are different things people do to help get along when their spouse is away from home. During a separation how often do you:

	Almost Always	Much of the Time	Once in a While	Never
a. Tell yourself that the difficulties are not important?	4	3	2	1
b. Just wait for the difficulties to work themselves out?	4	3	2	1
c. Remind yourself that as time goes by separations generally become easier?	4	3	2	1
d. Ask for the advice or help of a military friend or military neighbour?	1	2	3	4
e. Ask for the advice or help of a civilian friend or military neighbour?	1	2	3	4
f. Ask for or receive support from your spouse's unit?	1	2	3	4
g. Ask for or receive support from the Base?	1	2	3	4
h. Stay with a friend or relative?	1	2	3	4
i. Ask for the help of a military padre, social worker, Family Support Center counsellor, or other military professional?	1	2	3	4
j. Tell yourself that separations are a part of military life and there is little you can do about them?	1	2	3	4
k. Decide that there is little you can do if a military section does not respond to your needs?	1	2	3	4
l. Get angry or complain about the Forces to let off steam?	1	2	3	4

	Almost Always	Much of the Time	Once in a While	Never
m. Just kept your feelings/problems to yourself?	1	2	3	4
d. Remind yourself that your marriage will be "renewed" when your spouse returns?	1	2	3	4

8. When you think of the separations you and your spouse have had for service reasons and add up all the good and bad points, how bothered or upset do you feel?

Very	Somewhat	Only a Little	Not at All
1	2	3	4

PART 10: HOUSING AND COMMUNITY LIFE

Now we would like to ask you to rate different things about your neighbourhood and/or PMQ area.

1. How would you rate your present neighbourhood/PMQ area on:

	Very Good	Good	Not So Good	Bad	Not Applic- able
a. Personal safety?	1	2	3	4	
b. Friendliness?	1	2	3	4	
c. Cleanliness?	1	2	3	4	
d. Schools?	1	2	3	4	N/A
e. Quietness?	1	2	3	4	
f. Protection of property?	1	2	3	4	
g. Recreation facilities?	1	2	3	4	
h. Getting away from the discipline and military regulations?	1	2	3	4	
i. A place to raise your child/children.	1	2	3	4	N/A
j. Privacy?	1	2	3	4	
k. Relations between different ranks?	1	2	3	4	N/A
l. Facilities for children?	1	2	3	4	N/A

2. How often do you wonder if:

	Never	Once in a While	Much of the Time	Almost Always	Not Applic- able
a. There is enough for your children to do in this neighbourhood?	1	2	3	4	N/A
b. Alcohol and/or drugs are available to your children in your neighbourhood?	1	2	3	4	N/A
c. The type of neighbourhood you live in is having a negative influence on your children? . . .	1	2	3	4	N/A

3. Now we want to know the kinds of feelings you get when you think of your neighbourhood - your neighbours, your privacy, your safety, and so on. Adding up all of the good and bad points related to your neighbourhood, how stressful do you find living in your neighbourhood?

Not at All	A Little	Somewhat	Very Much
1	2	3	4

4. Would you say that the neighbourhood you live in is better or worse than:

	Much Better	Somewhat Better	Somewhat Worse	Much Worse	Not Applicable
a. The neighbourhood of your last posting?	4	3	2	1	N/A
c. The neighbourhood of your civilian friends or relatives?	4	3	2	1	N/A
d. Civilians with the same education and income as yourself?	4	3	2	1	N/A

5. How strongly do you agree or disagree with each of the following statements?

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. I have to accept my neighbourhood as it is because there is nothing I can do to change it.	1	2	3	4
b. I can accept my present neighbourhood because it gives me an opportunity to get away from the Forces	4	3	2	1
c. I can put up with a lot in my neighbourhood as long as I live close to work	4	3	2	1
d. I can accept my neighbourhood because the facilities are good	4	3	2	1

Strongly Somewhat Somewhat Strongly
Agree Agree Disagree Disagree

- e. The way my neighbourhood turns out depends on the type of people in it and there is little I can do to change it

1 2 3 4

6. In the past year or so how often have you:

Never Once in a While Much of the Time Almost Always Not Applicable

- a. Discussed neighbourhood or community problems with your neighbours?

1 2 3 4 N/A

- b. Discussed neighbourhood or community problems with a military official or representative?

1 2 3 4

- c. Became involved in community affairs?

1 2 3 4 N/A

7. Now we would like to ask you to rate different things about your present dwelling. How would you rate your present dwelling on:

Very Good Good Not So Good Bad

- a. Cost (ie. it's value for money you pay for it)?

1 2 3 4

- b. State of repair?

1 2 3 4

- c. Privacy?

1 2 3 4

- d. Amount of living space?

1 2 3 4

8. How strongly do you agree or disagree that:

Strongly Somewhat Somewhat Strongly Don't
Agree Agree Disagree Disagree Know
or
N/A

- a. PMQ's are assigned on a fair and equitable basis? . . .

1 2 3 4 N/A

- b. Your landlord's or townsite's rules and regulations are fair and reasonable? . . .

1 2 3 4 N/A

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Don't Know or N/A
c. Your landlord or CE handles your household repairs and maintenance promptly?	1	2	3	4	N/A
d. There seems to be a shortage of suitable rental accommodation in this community?	1	2	3	4	N/A
e. There seems to be a shortage of suitable PMQ's at this base?	1	2	3	4	N/A
f. The cost of housing is significantly higher than it was on your previous posting?	1	2	3	4	N/A

9. On this posting how many months did it take to find suitable accommodation for you and your family?

Less Than 1 Month	1 - 2 Months	3 - 4 Months	More Than 4 Months	N/A
1	2	3	4	N/A

10. How many months did it take for you to rent the dwelling you owned or still own upon being posted to your present location?

Less Than 1 Month	1 - 2 Months	3 - 4 Months	More Than 4 Months	N/A
1	2	3	4	N/A

11. How often is the idea of becoming a homeowner on your mind?

Never	Some of The Time	A Lot	Almost Always	N/A
1	2	3	4	N/A

12. Would you say that your present housing arrangements are better or worse than:

	Much Better	Somewhat Better	The Same	Somewhat Worse	Much Worse	Not Applicable
a. Most people of your/your spouse's rank?	5	4	3	2	1	
c. Civilians with the same education and income as yourself?	5	4	3	2	1	
d. The last Base you were posted to?	5	4	3	2	1	N/A

13. How often do you tell yourself that:

	Very Often	Often	Sometimes	Never
a. Rank differences are not important qualities in my neighbourhood?	4	3	2	1
b. There are no differences between military and civilian neighbours?	4	3	2	1
c. I prefer to have a private home life away from the military?	4	3	2	1
d. I can tolerate my present housing arrangements knowing that I will be moving on?	4	3	2	1
e. It is a service person's duty to live on base in order to be ready for duty at anytime?	4	3	2	1
f. I would rather rent than own a home?	4	3	2	1
g. Being a homeowner is not worth the extra work and expense?	4	3	2	1

14. When you are required to move on a posting, how often do you think or do these things:

	Very Often	Often	Sometimes	Never
a. Ask a friend to help you find a place?	1	2	3	4
b. Read housing advertisements?	1	2	3	4

	Very Often	Often	Sometimes	Never
c. Put your name on the PMQ list?	1	2	3	4
d. Apply for a "house hunting trip"?	1	2	3	4
e. Depend on a member of your/your spouse's new unit to help you?	1	2	3	4

15. How strongly do you agree or disagree with each of the following statements?

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. The most important thing about my accommodation is that it provides a roof over my head?	4	3	2	1
b. Time solves most of my accommodation problems? . . .	4	3	2	1

16. Taking all the good and bad things into account, how bothered
or upset are you about your present housing accommodation:

Not at All	A Little	Somewhat	Very
1	2	3	4

PART 11: MILITARY LIFESTYLE

Now we have some general questions about life in the military.

1. How do you and your spouse compare in your opinions about the following things:

	About the Same	A Little Different	Somewhat Different	Very Different	Not Applicable
a. A career in the Forces? . .	1	2	3	4	
b. Living on Base?	1	2	3	4	N/A
c. Socializing in the mess? .	1	2	3	4	
d. The moves you've had? . . .	1	2	3	4	N/A
e. Being away on exercises, courses temporary duty, or peacekeeping?	1	2	3	4	
f. You working outside the home?	1	2	3	4	N/A
g. The responsibilities a service member has to the Forces? .	1	2	3	4	
h. The responsibilities the Forces has to military families?	1	2	3	4	

2. How strongly do you agree or disagree that:

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree	Not Applicable
a. The Forces expects more from me than is willing to give back?	1	2	3	4	N/A
b. I give more to the Forces than it gives to me? . . .	4	3	2	1	N/A
c. The Forces does its best to look after the well-being of military families?	4	3	2	1	
d. On this Base the military attempts to accommodate parents who have childcare needs?	4	3	2	1	N/A

3. How often:

	Never	Once in a While	Much of the Time	Almost Always
a. Do you feel caught in the middle between the demands of the Forces and the demands of your family?	1	2	3	4
b. Has it happened that military social activities interfered with your family life?	1	2	3	4
c. Has it happened that the demands of your family have interfered with your/your spouse's military job?	1	2	3	4
d. Do you find the problems associated with a military life style on your mind?	1	2	3	4

4. How strongly do you agree or disagree that:

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
a. A military lifestyle leaves me little opportunity to control my personal life?	1	2	3	4
b. My/my spouse's military superior has been unsympathetic to the needs of my family?	1	2	3	4
c. The Forces treats me and my family as if we were furniture and effects?	1	2	3	4
d. The Forces usually acts as if its rules and regulations were more important than people? . .	1	2	3	4
e. A military lifestyle does not give me enough opportunity to become the sort of person I'd like to be?	1	2	3	4
f. I cannot completely be myself around people or their spouses of higher/lower rank?	1	2	3	4
d. The Forces appreciates the job I do as a service person/military spouse?	4	3	2	1

5. Now we would like to ask you some questions about your/your spouse's present military unit. How strongly do you agree or disagree that:

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Not Applicable
a. In times of need, I can rely on members of my/my spouse's unit to help me and my family?	4	3	2	1	N/A
b. In times of need, my/my spouse's military commander is someone who can be counted on for help? . . .	4	3	2	1	N/A
c. My/my spouse's military supervisor is someone who is very concerned about the welfare of those under him/her?	4	3	2	1	N/A
d. My/my spouse's military unit takes care to provide for its families when the unit is on exercise/peacekeeping?	4	3	2	1	N/A

6. Think for a moment of your and your family's life in the Forces - the good and bad points of your spouse's job and career; your job and career (if applicable); raising a family in the Forces; the moves and separations you have had; and so on.

	Very	Somewhat	Only a Little	Not at All
a. How <u>frustrated, bothered, or upset</u> do you feel about service life as a whole?	4	3	2	1

Mixed -
Equally
Satisfied Mostly Completely
/Dis- Dis- Dis-
Satisfied Satisfied satisfied satisfied Satisfied

7. How would you compare your life style to:

	Much Better	A Little Better	A Little Worse	Much Worse	Not Applic- able
a. That of most civilians?	4	3	2	1	
b. Most other service families outside your/your spouse's trade/classification?	4	3	2	1	
c. Your lifestyle on your last posting?	4	3	2	1	N/A

8. How much has your membership in, or affiliation with, the following organizations helped you to deal with any problems you might have?

	Harmful	No Help	A Little Help	Very Helpful	Not Applic- able
a. Your/your spouse's military unit?	1	2	3	4	
b. Your/your spouse's section, crew, or detachment?	1	2	3	4	
c. Wives'/spouses' clubs?	1	2	3	4	N/A
d. The Family Support Center? . .	1	2	3	4	N/A

9. Here are some things people do to help themselves adjust to a military lifestyle.

How often do you:	Never	Once in a While	Much of the Time	Almost Always
a. Try to ignore the difficulties associated with a military lifestyle by looking only at the good things?	1	2	3	4
b. Tell yourself that problems associated with a military lifestyle are really no different from those of most civilians?	1	2	3	4
c. Tell yourself that time remedies most difficulties associated with a military lifestyle? . .	1	2	3	4

How often do you:		Never	Once in a While	Much of the Time	Almost Always
d.	Try to find fair compromise between the demands of your family and the demands of the military?	1	2	3	4
e.	You/your spouse discuss issues relating to your family's needs with your/your spouse's military supervisor?	1	2	3	4
f.	Rely on your spouse when things associated with your military lifestyle get tough?	4	3	2	1
g.	Rely on friends and relatives when things associated with your military lifestyle get tough?	4	3	2	1
h.	Remind yourself that things could be worse?	1	2	3	4
i.	Decide there is nothing you can do to change things?	1	2	3	4
j.	Tell yourself that there is only so much you can do about the strains of military life and after that you just accept them as they are?	1	2	3	4

SECTION B: Opinions and AttitudesPART 1: OPINIONS ABOUT YOURSELF

In this section we are interested in the opinions people have about themselves. Please indicate how strongly you agree or disagree with each of the following by circling the number that comes closest to your opinion of yourself.

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
1. I have little control over things that happen to me. . .	1	2	3	4
2. There is really no way I can solve some of the problems I have.	1	2	3	4
3. There is little I can do to change many of the important things in my life.	1	2	3	4
4. I often feel helpless in dealing with the problems of life.	1	2	3	4
5. Sometimes I feel that I'm being pushed around in life. . . .	1	2	3	4
6. What happens to me in the future mostly depends on me.	4	3	2	1
7. I can do just about anything I really set my mind to. . . .	4	3	2	1

PART 2: ATTITUDES

1. Now, here is a different type of question that asks how you see yourself as a person. How strongly do you agree or disagree with these statements. Circle the number that comes closest to your answer.

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
a. I feel that I am a person of worth, at least on an equal plane with others.	4	3	2	1
b. I feel that I have a number of good qualities.	4	3	2	1
c. All in all, I am inclined to feel that I am a failure. . . .	1	2	3	4
d. I am able to do things as well as most people.	4	3	2	1
e. I take a positive attitude towards myself.	4	3	2	1
f. On the whole, I am satisfied with myself.	4	3	2	1
g. I feel I do not have much to be proud of.	4	3	2	1
h. I wish I could have more respect for myself.	4	3	2	1
i. I certainly feel useless at times.	4	3	2	1
j. At times I think I am no good at all.	4	3	2	1

2. Here are 9 self-description questions. The answer which describes the way you feel or act is the one to choose. Remember that you may use any of the four response categories.

	Very True of Me	True of Me	Somewhat True of Me	Not at All True of Me
a. In general, I approach my work/housework more seriously than most people I know. . . .	1	2	3	4

	Very True of Me	True of Me	Somewhat True of Me	Not at All True of Me
b. I guess there are some people who can be nonchalant about their work but I'm not one of them.	1	2	3	4
c. My achievements are considered to be significantly higher than those of most people I know.	1	2	3	4
d. I've often been asked to be an officer of some volunteer group or groups.	1	2	3	4
e. I hate giving up before I'm absolutely sure I'm licked. . .	1	2	3	4
f. Sometimes I feel that I should not be working so hard, but something drives me on.	1	2	3	4
g. I thrive on challenging situations. The more challenges I have the better.	1	2	3	4
h. In comparison to most people I know, I'm very involved in my work/housework.	1	2	3	4
i. It seems as if I need thirty hours a day to finish all the things I'm faced with.	1	2	3	4

3. Overall, DURING THE PAST WEEK, how well did you manage in accomplishing your daily household tasks such as shopping, paying the bills, taking care of the children, getting to doctor's appointments, etc...

During the past week I managed my tasks:

Very well	1
Fairly well	2
About average	3
Poorly	4
Very poorly	5

4. How satisfied are you with what you do every day? This includes homemaking as well as paid employment.

During the past week I was:

Very satisfied	1
Satisfied	2
Neutral	3
Dissatisfied	4
Very dissatisfied	5

SECTION C: SOCIAL ACTIVITIES

1. About how many families in your neighbourhood are you well enough acquainted with that you visit each other at home? families

2. About how many close friends do you have - people you feel at ease with and can talk with about what is on your mind? (You may include relatives) close friends

	Daily	About Once a Week	2 or 3 Times a Week	About Once a Month	About Once a Year or Less
3. Over a year's time, about how often do you get together with friends or relatives, like going out together or visiting in each other's homes?	5	4	3	2	1

	Every Day	About Once a Week	2 or 3 Times a Month	About Once a Month	Not at All
4. During the <u>past month</u> , about how often have you had friends over to your home?	5	4	3	2	1
5. About how often have you visited with friends at their homes during the <u>past month</u> ?	5	4	3	2	1
6. About how often were you on the telephone with close friends or relatives during the <u>past month</u> ?	5	4	3	2	1
7. About how often did you write a letter to a relative during the <u>past month</u> ?	5	4	3	2	1

SECTION D: General Health

We would like to know if you have had any medical complaints, and how your health has been in general, over the past month.

Please answer all the questions on the following pages simply by circling the answer which you think most nearly applies to you. Remember we want to know about present and recent complaints, not those you had in the past.

It is important that you try to answer all the questions.

1. In the past month:

	Not at All	No More Than Usual	A Bit More Than Usual	Much More Than Usual
a. Have you ever been bothered by your heart beating hard when not exerting yourself?	0	1	2	3
b. How often are you bothered by an upset stomach?	0	1	2	3
c. Do your hands ever tremble enough to bother you?	0	1	2	3
d. Are you ever troubled by your hands or feet sweating so that they feel damp and clammy? . .	0	1	2	3
e. Have you ever been bothered by shortness of breath when not exerting yourself?	0	1	2	3
f. Do you ever have spells of dizziness?	0	1	2	3
g. Do you feel weak all over much of the time?	0	1	2	3
h. Do you not feel healthy enough to carry out the things you would like to do?	0	1	2	3
i. Do you feel you are bothered by all sorts (different kinds) of ailments in different parts of your body?	0	1	2	3
j. Do you have loss of appetite?	0	1	2	3

	Not at All	No More Than Usual	A Bit More Than Usual	Much More Than Usual
k. Do you have any trouble in getting asleep and staying asleep?	0	1	2	3
l. Has ill health affected the amount of work you do?	0	1	2	3
m. Have you ever felt you were going to have a nervous breakdown?	0	1	2	3
n. Are you ever bothered by nightmares?	0	1	2	3
o. Do you tend to loose weight when things are bothering you? . . .	0	1	2	3
p. Do you tend to feel tired in the mornings?	0	1	2	3

2. The next questions are about how you feel and how things have been going for you. For each question circle the number which best applies to you.

a. How have you been feeling in general?
(During the past month)

In excellent spirits..... 1
In good spirits mostly..... 2
In low spirits mostly..... 3
In very low spirits..... 4

b. Have you been bothered by nervousness or your "nerves"?
(During the past month)

Extremely so - to the point where I could not
work or take care of things..... 4
Quite a bit..... 3
Some, enough to bother me..... 2
Not at all..... 1

c. How often were you bothered by any illness, body disorder,
aches, or pains? (During the past month)

Almost every day..... 4
About half the time..... 3
Now and then, but less than half the time..... 2
None of the time..... 1

- d. How much energy, pep, or vitality did you have or feel?
(During the past month)

Very full of energy - lots of pep..... 1
 Fairly energetic most of the time..... 2
 Generally low in energy, pep..... 3
 Very low in energy or pep most of the time..... 4

- e. How happy, satisfied, or pleased have you been with your
personal life? (During the past month)

Extremely happy - could not have been more
satisfied or pleased..... 1
 Generally satisfied - pleased..... 2
 Generally dissatisfied - unhappy..... 3
 Very dissatisfied or unhappy most or all
of the time..... 4

- f. Have you been under or felt you were under any strain,
stress, or pressure? (During the past month)

Yes - almost more than I could stand or bear.... 4
 Yes - some - more than usual..... 3
 Yes - the same as usual..... 2
 Not at all or less than usual..... 1

- g. Have you been in firm control of your behaviour, thoughts,
emotions, or feelings? (During the past month)

Yes, definitely so..... 1
 Yes, for the most part..... 2
 No, and I am somewhat disturbed..... 3
 No, and I am very disturbed..... 4

- h. Did you feel depressed? (During the past month)

Yes - extremely depressed all of the time..... 4
 Yes - very depressed almost every day..... 3
 Yes - a little depressed now and then..... 2
 No - never felt depressed at all..... 1

- i. Have you been anxious, worried, or upset?
(During the past month)

Very much so..... 4
 Some - enough to bother me..... 3
 A little bit..... 2
 Not at all..... 1

- j. Did you feel healthy enough to carry out the things you
like to do or had to do? (During the past month)

Yes - definitely so..... 1
 Yes - for the most part..... 2
 Health problems limited me in some
important ways..... 3
 I needed some help in taking care of myself..... 4

- k. Have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory? (During the past month)

Not at all..... 1
 Some - but not enough to be concerned
 or worried about..... 2
 Some - and I have been a little concerned..... 3
 Yes, very much and I am very concerned..... 4

- l. Did you feel relaxed or at ease or high-strung, tight, or keyed-up? (During the past month)

Felt relaxed and at ease the whole month..... 1
 Felt relaxed and at ease most of the time
 - seldom or never felt high-strung..... 2
 Felt high-strung, tight or keyed-up most of
 the time - seldom or never felt relaxed?..... 3
 Felt high-strung, tight, or keyed-up the
 whole month..... 4

- m. Have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile? (During the past month)

Very much so..... 4
 Some - enough to bother me..... 3
 A little bit..... 2
 Not at all..... 1

- n. Have you been concerned, worried, or had any fears about your health? (During the past month)

Very much so..... 4
 Quite a bit..... 3
 Practically never..... 2
 Not at all..... 1

- o. Were you generally tense or did you feel any tension? (During the past month)

Yes - very tense most of the time..... 4
 I felt a little tense a few times..... 3
 My general tension level was quite low..... 2
 I never felt tense or any tension at all..... 1

- p. Did you feel active and vigorous or dull and sluggish?
(During the past month)

Mostly active, vigorous - never really	
dull or sluggish.....	1
Fairly active, vigorous - seldom dull, sluggish.	2
Fairly dull, sluggish - seldom active, vigorous.	3
Mostly dull, sluggish - never really active or	
vigorous.....	4

- q. Have you felt downhearted and blue? (During the past month)

Most of the time.....	4
A good bit of the time.....	3
Some of the time.....	2
None of the time.....	1

- r. Have you felt tired, worn out, used up, or exhausted?
(During the past month)

Most of the time.....	4
A good bit of the time.....	3
Some of the time.....	2
None of the time.....	1

- s. Has your daily life been full of things that were
interesting to you? (During the past month)

Most of the time.....	1
A good bit of the time.....	2
Some of the time.....	3
None of the time.....	4

- t. Have you been waking up feeling fresh and rested?
(During the past month)

Most of the time.....	1
A good bit of the time.....	2
Some of the time.....	3
None of the time.....	4

- u. Have you been feeling emotionally stable and sure of
yourself? (During the past month)

Most of the time.....	1
A good bit of the time.....	2
Some of the time.....	3
None of the time.....	4

- v. Have you felt cheerful or lighthearted?
(During the past month)

Most of the time..... 1
A good bit of the time..... 2
Some of the time..... 3
None of the time..... 4

3. At present do you have any problems with your health, any sickness, injury, or handicap? (Circle the appropriate number)

No 1 (If no, go to question 4)

Yes 2

If yes, how long have you had this health problem? (If more than one problem, consider only the most serious)

Less than one month..... 1
Between 1 - 3 months..... 2
Between 4 - 6 months..... 3
Between 7 - 12 months..... 4
Between 1 - 2 years..... 5
Over 3 years..... 6

4. When was the most recent time you talked/consulted/visited a doctor about your health? Was it: (Circle only one number)

Within the last month..... 4
More than one month ago but within
the last 12 months..... 3
More than 12 months ago..... 2
Never..... 1

5. What was the main reason for your last visit to a doctor?

Sickness..... 1
Injury..... 2
Chronic or lingering illness..... 3
Check-up..... 4
Other 5
(Please specify)

6. During the past month, how many days were you absent from work for health reasons? (If you were not in paid employment, state the number of days you were sick.)

None 00 Six 06
One 01 Seven 07
Two 02 Eight 08
Three 03 Nine 09
Four 04 Ten or more 10
Five 05

7. Yesterday, or the day before that, did you take or use any of the following medicines, pills, or ointments? (Circle the appropriate number)

	<u>No</u>	<u>Yes</u>
a. Pain relievers, such as aspirin or tylenol?	1	2
b. Medicines for hay fever or allergies?.....	1	2
c. Cough or cold remedies?.....	1	2
d. Any medicines or remedies for your stomach?	1	2
e. Sleeping pills or sleeping medicines?.....	1	2
f. Tranquilizers or sedatives?.....	1	2
g. Medicines for your heart or blood pressure?	1	2
h. Birth control pills?	1	2
i. Other	1	2
(Please specify purpose)		

8. Now, we would like to ask you about your use of alcohol.

- a. Do you ever drink beer, wine, liquor, or any other type of alcoholic beverage?

No..... 1 (Skip to question 10)
 No, quit because of a
 drinking problem..... 2 (Skip to question 10)
 Yes..... 3

- b. If "yes", about how often do you usually have at least one drink of beer, wine, liquor, or any other type of alcoholic beverage?

Two or more times a day 7
 Once a day 6
 4 to 6 times a week 5
 2 or 3 times a week 4
 About once a week 3
 2 or 3 times a month 2
 About once a month or less 1

9. How many drinks of beer, wine, liquor, or any other type of alcoholic beverage did you have in the past week?

Number

- a. _____ bottles/cans of beer
 b. _____ glasses of wine
 c. _____ 1-1/2 oz drinks of liquor

10. Now, we are interested in different kinds of places and people where someone might get help for problems with emotions, nerves, drugs, alcohol, mental health, or their family.

	I		II		III	
	Were you aware that assistance is available from the following?		Would you go to any of the following for help or assistance?		In the past 6 months, have you gone for help with any of these problems to the people listed?	
	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>	<u>No</u>	<u>Yes</u>
a. A friend or relative?	1	2	1	2	1	2
b. A military padre?	1	2	1	2	1	2
c. A civilian clergyman/women?	1	2	1	2	1	2
d. A military social worker?	1	2	1	2	1	2
e. A military Family Support Center counsellor? . . .	1	2	1	2	1	2
f. A civilian social worker or counsellor? . . .	1	2	1	2	1	2
g. A civilian medical doctor or psychiatrist in private practice or to any medical person in a primary care clinic? . .	1	2	1	2	1	2
h. A military medical doctor, psychiatrist, or to any military medical person?	1	2	1	2	1	2

11. A number of statements which people have used to describe themselves are given below. Please read each statement and then circle the number to indicate how you generally feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.

	Almost Never	Sometimes	Often	Almost Always
a. I feel pleasant.	1	2	3	4
b. I tire quickly.	1	2	3	4
c. I feel like crying.	1	2	3	4
d. I wish I could be as happy as others seem to be.	1	2	3	4
e. I am loosing out on things because I can't make up my mind soon enough.	1	2	3	4
f. I feel rested.	1	2	3	4
g. I am "calm, cool, and collected."	1	2	3	4
h. I feel that difficulties are piling up so that I cannot overcome them.	1	2	3	4
i. I worry too much over something that really doesn't matter. . .	1	2	3	4
j. I am happy.	1	2	3	4
k. I am inclined to take things hard.	1	2	3	4
l. I lack self-confidence.	1	2	3	4
m. I feel secure.	1	2	3	4
n. I try to avoid facing a crisis or difficulty.	1	2	3	4
o. I feel blue.	1	2	3	4
p. I am content.	1	2	3	4
q. Some unimportant thought runs through my mind and bothers me. .	1	2	3	4
r. I take disappointments so keenly that I can't put them out of my mind.	1	2	3	4
s. I am a steady person.	1	2	3	4

	Almost Never	Sometimes	Often	Almost Always
t. I get in a state of tension or turmoil as I think over my recent concerns and interests.	1	2	3	4

12. The following list consists of words that describe different feelings and emotions. Please read each word and then circle the number that most closely indicates to what extent you generally feel this way, that is, how you feel on the average.

	Very Slightly or Not at All	A Little	Moderately	Quite a Bit	Extremely
a. Interested	1	2	3	4	5
b. Distressed	1	2	3	4	5
c. Excited	1	2	3	4	5
d. Upset	1	2	3	4	5
e. Strong	1	2	3	4	5
f. Guilty	1	2	3	4	5
g. Scared	1	2	3	4	5
h. Hostile	1	2	3	4	5
i. Enthusiastic	1	2	3	4	5
j. Proud	1	2	3	4	5
k. Irritable	1	2	3	4	5
l. Alert	1	2	3	4	5
m. Ashamed	1	2	3	4	5
n. Inspired	1	2	3	4	5
o. Nervous	1	2	3	4	5
p. Determined	1	2	3	4	5
q. Attentive	1	2	3	4	5
r. Jittery	1	2	3	4	5
s. Active	1	2	3	4	5
t. Afraid	1	2	3	4	5

13. Please indicate whether or not you are satisfied with the following areas of your life.

Circle "Y" if you are generally satisfied with the area.

Circle "N" if you are generally dissatisfied with the area.

Circle "?" if you are undecided.

1. National political situation	Y	?	N
2. Local newspapers	Y	?	N
3. The last suit/outfit you bought	Y	?	N
4. Your first name	Y	?	N
5. The people you know	Y	?	N
6. The way people drive	Y	?	N
7. Your present job/employment status	Y	?	N
8. The way you were raised	Y	?	N
9. Restaurant food	Y	?	N
10. Your telephone number	Y	?	N
11. Junk mail	Y	?	N
12. Your health in general	Y	?	N
13. Street layout where you live	Y	?	N
14. Your mailing address	Y	?	N
15. The beverages you buy (ie. tea)	Y	?	N
16. Outlook for the future	Y	?	N
17. Your in-laws	Y	?	N
18. Health care	Y	?	N
19. Safety in your neighbourhood	Y	?	N

SECTION E: LIFE EVENTS

This section deals with events that sometimes happen to people. People adapt to their recent life changes in different ways. Some people find the adjustment to a move, for example, to be enormous, whereas others find very little life adjustment necessary.

You are now requested to "score" each of the life changes that occurred to you during the past 6 months by circling the number which indicates the amount of adjustment you needed in your life to handle the event.

If that event has not happened to you, please circle the "N/A" and go on the next event.

SCHOOL

	Very Much	Some	A Little	Very Little	Not Applic- able
1. Started school or a training program after not going to school for a long time	4	3	2	1	N/A
2. Graduated from school or a training program	4	3	2	1	N/A
3. Had problems in school or in training program	4	3	2	1	N/A
4. Failed school or training program	4	3	2	1	N/A
5. Did not graduate from school or training program.....	4	3	2	1	N/A
6. Unable to start or complete school or training program because of relocation	4	3	2	1	N/A
7. Unable to start or complete school or training program because of spouse's absence due to a military commitment	4	3	2	1	N/A

WORK

	Very Much	Some	A Little	Very Little	Not Applic- able
8. Started work for the first time	4	3	2	1	N/A
9. Returned to work after not working for a long time	4	3	2	1	N/A
10. Changed jobs	4	3	2	1	N/A
11. Had trouble with a boss or supervisor	4	3	2	1	N/A
12. Demoted at work	4	3	2	1	N/A

WORK

	Very Much	Some	A Little	Very Little	Not Applic- able
13. Found out that I was not going to get promoted at work	4	3	2	1	N/A
14. Conditions at work got worse, other than demotion or trouble with the boss	4	3	2	1	N/A
15. Promoted	4	3	2	1	N/A
16. Supervisors 'changed'	4	3	2	1	N/A
17. Lost a job	4	3	2	1	N/A
18. Suffered a business loss or failure	4	3	2	1	N/A
19. Took on a greatly increased workload	4	3	2	1	N/A
20. Looked for a new job	4	3	2	1	N/A
21. Wanted to look for a new job but unable to	4	3	2	1	N/A
22. Retired from job/career	4	3	2	1	N/A
23. Counselling for unsatisfactory performance	4	3	2	1	N/A
24. Involuntarily transferred	4	3	2	1	N/A
25. Implemented new programs set by others	4	3	2	1	N/A
26. Verbally abused at work	4	3	2	1	N/A
27. Sexually harassed at work	4	3	2	1	N/A
28. Unwanted involvement in extra work or duties	4	3	2	1	N/A
29. Life disrupted by military exercises	4	3	2	1	N/A
30. Confrontation with co-workers	4	3	2	1	N/A
31. I/my spouse started working with someone of the opposite sex	4	3	2	1	N/A

LOVE AND MARRIAGE

	Very Much	Some	A Little	Very Little	Not Applic- able
31. Relations with spouse changed for the worse without separation of divorce	4	3	2	1	N/A
32. Marital separation	4	3	2	1	N/A
33. Discussed/considered divorce	4	3	2	1	N/A

LOVE AND MARRIAGE

	Very Much	Some	A Little	Very Little	Not Applic- able
34. Reunited after marital separation	4	3	2	1	N/A
35. Marital infidelity	4	3	2	1	N/A
36. Trouble with in-laws	4	3	2	1	N/A
37. Spouse away from home at present	4	3	2	1	N/A
38. Got married	4	3	2	1	N/A

HAVING CHILDREN

	Very Much	Some	A Little	Very Little	Not Applic- able
39. Became pregnant	4	3	2	1	N/A
40. Birth of first child	4	3	2	1	N/A
41. Birth of second or later child	4	3	2	1	N/A
42. Had an abortion	4	3	2	1	N/A
43. Miscarriage or stillbirth	4	3	2	1	N/A
44. Found out that unable to have children	4	3	2	1	N/A
45. Child died	4	3	2	1	N/A
46. Adopted a child	4	3	2	1	N/A
47. Became a stepparent	4	3	2	1	N/A
48. Started menopause	4	3	2	1	N/A

FAMILY

	Very Much	Some	A Little	Very Little	Not Applic- able
49. New person moved into the household	4	3	2	1	N/A
50. Person moved out of the household	4	3	2	1	N/A
51. Serious family argument, other than with spouse	4	3	2	1	N/A
52. Verbally abused by spouse	4	3	2	1	N/A
53. Hit, scratched, or pushed by spouse	4	3	2	1	N/A
54. Beat-up by spouse	4	3	2	1	N/A

RESIDENCE

	Very Much	Some	A Little	Very Little	Not Applic- able
55. Moved to a better residence or neighbourhood	4	3	2	1	N/A
56. Moved to a worse residence or neighbourhood	4	3	2	1	N/A
57. Unable to move after expecting to be able to move	4	3	2	1	N/A
58. Purchased or built a home . .	4	3	2	1	N/A
59. Proceeded on a posting without selling or renting out your previous dwelling	4	3	2	1	N/A

CRIME AND LEGAL MATTERS

	Very Much	Some	A Little	Very Little	Not Applic- able
60. Involved in an accident in which there were no injuries	4	3	2	1	N/A
61. Involved in a law suit	4	3	2	1	N/A
62. Lost driver's licence	4	3	2	1	N/A
63. Got involved in a military or civilian court case	4	3	2	1	N/A
64. Took out a mortgage or received a mortgage	4	3	2	1	N/A
65. Started buying a car, furniture, or other large purchases on an instalment plan	4	3	2	1	N/A
66. Foreclosure of a mortgage or loan	4	3	2	1	N/A
67. Repossession of a car, furniture, or other items bought on an instalment plan	4	3	2	1	N/A
68. Suffered a financial loss or loss of property	4	3	2	1	N/A
69. Went on welfare	4	3	2	1	N/A
70. Did not get an expected wage or salary increase	4	3	2	1	N/A

SECTION F: ATTITUDES TOWARD THE FORCES

The following sets of questions deal with you or your spouse's career in the Forces. They ask what you believe are the important things in military life.

1. Now we would like you to provide your views on how military life should be organized. Please indicate your agreement or disagreement with the following statements:

	Strongly Agree	Somewhat Agree	Neither Agree or Disagree	Somewhat Disagree	Strongly Disagree
a. I/my military spouse could just as well be working for a different organization as long as the type of work was similar.....	1	2	3	4	5
b. It would take little change in my present circumstances to cause me/my spouse to leave the Forces.....	1	2	3	4	5
c. I find it difficult to agree with the Forces' policies on important matters relating to its members.....	1	2	3	4	5
d. I feel very little loyalty to the Forces.....	1	2	3	4	5
e. Military personnel should perform their operational duties regardless of personal and family consequences.....	5	4	3	2	1
f. Military service is a way of life and can never be just a job.....	5	4	3	2	1
g. What a private member does in her/his private life should be of no concern to her/his commander.....	1	2	3	4	5
h. Differences in rank should not be important after working hours.....	1	2	3	4	5

2.

Strongly Somewhat Somewhat Strongly
Approve Approve Disapprove Disapprove

- a. If you have or were to have a daughter, how would you feel if someone suggested she join the Forces?..... 4 3 2 1
- b. If you have or were to have a son, how would you feel if someone suggested he join the Forces?..... 4 3 2 1

3. The following are two somewhat different statements about the relationship between officers and non-commissioned members in the Forces.

- a. The relations between officers and non-commissioned members in the Forces are much different than in private industry because in the Forces both are working together toward the same goal of providing national security.
- b. Relations between officers and non-commissioned members are not really very different than in private industry where management is looking out for the organization's interests, and employees have to look out for their own interests.

Which of the two statements above comes closer to your own opinion:

- Agree completely with (a) 4
- Agree more completely with (a) than (b) ... 3
- Agree more with (b) than (a) 2
- Agree completely with (b) 1

4.

- a. For spouses who are also in the military:
- | | Definitely
Choose a
Different
Career | Probably
Choose a
Different
Career | Probable
Choose a
Different
Career | Definitely
Choose a
Military
Career | Not
Applicable |
|--|---|---|---|--|-------------------|
|--|---|---|---|--|-------------------|

If you could begin
your working career
over again, how
likely would you be
to choose a career
in the Forces?.....

4	3	2	1	N/A
---	---	---	---	-----

- b. For spouses who are not in the military:

	Very Unlikely	Somewhat Unlikely	Somewhat Likely	Very Likely
--	------------------	----------------------	--------------------	----------------

If you are a civilian spouse
and could choose a lifestyle,
how likely would you be to
choose a military lifestyle?.

4	3	2	1
---	---	---	---

SECTION G: Background Information

WE WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT YOURSELF

(Please CIRCLE the number corresponding to your answer or
fill-in-the-blank)

1. What is your present status or military rank?

Civilian	1	MWO/CWO	7
Pte	2	2 Lt/Lt	8
Cpl	3	Capt	9
MCpl	4	Major	10
Sgt	5	LCol or Above	11
WO	6		

2. What is your sex?

Female	1
Male	2

3. What was your year of birth?

19 _____

4. How much schooling have you had?

Primary school	1
High (secondary) school	2
Vocational/business training instead of high school	3
Vocational/business training in addition to high school ...	4
Some university	5
Some college	6
University graduate	7
College graduate	8
Post-graduate studies beyond undergraduate degree	9
Other _____	10
(Please specify)	

5. What language did you first learn and understand?

English	1
French	2
Both English and French	3
German	4
Italian	5
Ukrainian	6
Other _____	7
(Please specify)	

6. Did you spend most of your school years in a:

Large city (500,000 +)	1
Medium city (50,000 to 500,000) ..	2
Town (10,000 to 50,000)	3
Village (under 10,000)	4
Rural area	5

7. During your school years, were your own mother and father:

Living together	1
Separated	2
Divorced	3
Mother deceased	4
Father deceased	5

8. In general, my family (parents, brothers, sisters) is:

Very close knit	1
Not too closely knit	2
Not closely knit at all	3

9. How much schooling does/did your mother and father receive:

	<u>Mother</u>	<u>Father</u>
Primary school	1	1
High (secondary) school	2	2
Vocational/business training instead of high school	3	3
Vocational/business training in addition to high school ...	4	4
Some college	6	6
Some university	5	5
College graduate	8	8
University graduate	7	7
Post-graduate studies beyond undergraduate degree	9	9
Other _____	10	10
(Please specify)		
Don't know	11	11

10. Apart from being Canadian, to what ethnic or cultural group do you feel closest?

British (English, Scottish, Welsh)	01	Jewish	09
Irish	02	Russian	10
French	03	Native Peoples (Inuit, Indian, Métis).....	11
German	04	Chinese	12
Ukrainian	05	Polish	13
Italian	06	Asian	14
Dutch	07	Other _____	15
Scandinavian	08	None	16

WE WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT YOURSELF, YOUR
BACKGROUND, AND YOUR CURRENT LIFE

(Fill in the blanks that apply to you,
or
check the lines that apply to you)

11. What is your present marital status:

- a. Married 1
b. Common-law 2
c. Separated 3
d. Other 4
(Please specify)

12. How many years have you been married to, or lived with your
present spouse:

_____ years

13. Which statement best describes your present family situation:

- a. Childless couple 1
b. Couple with all children living at home 2
c. Couple with some children living at home ... 3
d. Couple with all children having left home .. 4

14. How many children do you have?

	Number of Children (Circle)	Ages	School Grade (or N/A) (Circle)	Number of school changes due to postings
a. None	0			
b. One	1	_____	_____ N/A	_____
c. Two	2	_____	_____ N/A	_____
d. Three	3	_____	_____ N/A	_____
e. Four	4	_____	_____ N/A	_____
f. Five	5	_____	_____ N/A	_____
g. Six or more .	6	_____	_____ N/A	_____

15. When you are working outside of the home, who usually looks after your children?

Not applicable (no children) 0
 Relatives 2
 Friends 4
 Day care - on Base 5
 Day care - off Base 6
 Private baby-sitter 7
 Children old enough to be on their own .. 8
 Other _____ 9
 (Please specify)

16. Since your marriage or common-law relationship, have you and your spouse ever been separated from each other because of military service such as courses or exercises (not UN taskings or unaccompanied postings)?

Yes 1
 No 2

17. Are you and your spouse currently separated from each other because of military service such as exercises or courses? (not UN taskings or unaccompanied postings)

<u>Type of separation</u> (circle)	<u>Total Duration</u> <u>of separation</u>	<u>How long has separation</u> <u>gone on so far?</u>
Course 1	_____ days	_____ days
Exercise 2	_____ or	_____ or
Other taskings. 3	_____ weeks	_____ weeks
	_____ or	_____ or
	_____ months	_____ months

18. On average, HOW MANY TIMES A YEAR are you and your spouse separated for service reasons such as exercises or courses. (not UN duty or postings)?

_____ times

19. On average, HOW MUCH OF THE TIME DURING A YEAR are you and your spouse separated for service reasons such as exercises or courses. (not UN duty or unaccompanied postings)?

_____ times

20. Since your marriage or common-law relationship, have you and your spouse ever been separated from each other because of UN taskings?

No 1 (If no, please go on to Question 21)

Yes 2

If yes, how many UN taskings have you and/or your spouse had during your marriage/common-law relationship:

<u>Number of taskings</u>	<u>Total amount of time absent due to UN taskings</u>
<p>You _____ (If you are in the Forces)</p> <p>Your spouse _____</p>	<p>_____ months and/or _____ years</p> <p>_____ months and/or _____ years</p>

21. Since your marriage or common-law relationship, have you and your spouse ever been separated from each other because of unaccompanied postings?

No 1

Yes 2

22. Are you and your spouse currently separated from each other because of an unaccompanied posting?

No 1 (skip the remainder of this question and go on to question 21 please)

Yes 2

Estimated duration
of current posting
separation _____

_____ months
or
_____ years

How long has posting separation
gone on so far? _____

_____ months
or
_____ years

23. Do you currently (check all that apply):

- a. ☐ Rent an apartment, house, or trailer?
- b. ☐ Pay a mortgage on an apartment, house, or trailer?
- c. ☐ Live with family or friends?
- d. ☐ Live in Military Married Quarters?
- e. ☐ Other. Please specify _____

24. Do you have:

- a. Yes / No A current driver's licence?
- b. Yes / No Use of a vehicle for daily transportation?
- c. Yes / No Power of attorney from your spouse?
- d. Yes / No Public transportation in the area that is adequate for your needs?

25. What is your current employment status:

- a. ☐ Full time employed.
- b. ☐ Part time employed.
- c. ☐ Self-employed full-time.
- d. ☐ Self-employed part-time.
- e. ☐ Unemployed but seeking work.
- f. ☐ Have been a homemaker and do not wish to work outside home.
- g. ☐ Have been a homemaker and am now seeking work outside home.
- h. ☐ Full-time student.

26. During the past 10 years, how many times have you and your family moved for service reasons? (Or, since your marriage, if married less than 10 years?)

Never	0	Five times	5
One time	1	Six times	6
Two times	2	Seven times	7
Three times	3	Eight times	8
Four times	4	Nine or more times	9

27. How long has it been since you and your family had a posting move?

_____ months, or _____ years, or never _____ (✓)

28. Do you prefer to live on-base or off-base?

- On-base 1
- No preference 2
- Off-base 3

29. Since your marriage/common-law relationship, have you and your family ever lived in PMQ's?

Never 0
 Some of the time 1
 About half the time ... 2
 Most of the time 3
 Always 4

30. In what range was your TOTAL FAMILY INCOME last year (before tax and deductions)? Please include income from all sources that you or your spouse may have received, such as family allowance, UI, and welfare payments.

10,000 to 14,999	1
15,000 to 19,999	2
20,000 to 24,999	3
25,000 to 29,999	4
30,000 to 34,999	5
35,000 to 39,999	6
40,000 to 44,999	7
45,000 to 49,999	8
50,000 to 54,999	9
55,000 to 59,999	10
60,000 to 64,999	11
65,000 to 69,999	12
70,000 to 74,999	13
75,000 to 79,999	14
80,000 or more	15

\$ _____
 (please insert amount)

* If you are a member of the Forces, continue with question 31 below.

* If you are not a member of the Forces, please turn to question 39 on page 8 of this section.

31. What uniform are you currently wearing?

Army 1
 Navy 2
 Airforce 3

32. Has your military career been closer to the support or operational side of the Forces?

Support 1
 Operational 2

33. How many years have you served in the Canadian Forces:

_____ years

34. Please indicate the type of trade or occupation you are in:

- ☐ Combat Arms (Infantry, Artillery, Armoured)
☐ Combat Support (Field Engineer, Communications)
☐ Support (All other occupations, such as: Cook, MSE Op, Sup Tech, Admin Clk, Log, Int, etc ...)

35. Please indicate your rank:

- | | |
|----------------------------------|--|
| <input type="checkbox"/> Pte | <input type="checkbox"/> 2 Lt/Lt |
| <input type="checkbox"/> Cpl | <input type="checkbox"/> Capt |
| <input type="checkbox"/> MCpl | <input type="checkbox"/> Major |
| <input type="checkbox"/> Sgt | <input type="checkbox"/> LCol or Above |
| <input type="checkbox"/> WO | |
| <input type="checkbox"/> MWO/CWO | |

36. Please indicate your unit type:

- | | |
|--|--|
| <input type="checkbox"/> Infantry | <input type="checkbox"/> Military Police |
| <input type="checkbox"/> Armoured | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Artillery | |
| <input type="checkbox"/> Service Battalion | |
| <input type="checkbox"/> Signals Squadron | |

37. How many more years do you think you will remain in the regular Force?

_____ years more

38. Please indicate where you ranked or think you ranked on your last PER:

- | | |
|---------------------|---|
| Below Average | 1 |
| Average | 2 |
| Above Average | 3 |
| Superior | 4 |
| Outstanding | 5 |

WE WOULD LIKE TO ASK YOU SOME QUESTIONS ABOUT YOUR SPOUSE

39. Please indicate your spouse's unit type:

- | | |
|--|--|
| <input type="checkbox"/> Infantry | <input type="checkbox"/> Military Police |
| <input type="checkbox"/> Armoured | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Artillery | <input type="checkbox"/> Unknown |
| <input type="checkbox"/> Service Battalion | |
| <input type="checkbox"/> Signals Squadron | |

40. Please indicate your spouse's rank:

<input type="checkbox"/> Pte	<input type="checkbox"/> 2 Lt/Lt
<input type="checkbox"/> Cpl	<input type="checkbox"/> Capt
<input type="checkbox"/> MCpl	<input type="checkbox"/> Major
<input type="checkbox"/> Sgt	<input type="checkbox"/> LCol or Above
<input type="checkbox"/> WO	
<input type="checkbox"/> MWO/CWO	<input type="checkbox"/> Unknown

41. Please indicate the type of trade or occupation your spouse is in:

<input type="checkbox"/> Combat Arms (Infantry, Artillery, Armoured)
<input type="checkbox"/> Combat Support (Field Engineer, Communications)
<input type="checkbox"/> Support (All other occupations, such as: Cook, MSE Operator - Driver, Supply Technician, Administrative Clerk, Supply Officer, Transportation Officer, Finance Officer, etc...)
<input type="checkbox"/> Unknown

42. What uniform does your spouse currently wear?

Army	1
Navy	2
Airforce	3
Don't know	4

43. How many years has your spouse served in the Canadian Forces:

years or don't know (✓)

COMMENTS ON THIS QUESTIONNAIRE

1. Did you find any of the questions difficult to answer?

No 1
Yes 2

If "Yes", which one(s): _____

2. Were there any questions that you found objectionable?

No 1
Yes 2

If "Yes", which one(s): _____

3. How long did it take you to complete this questionnaire?

Approximately _____ minutes.

4. Did you find the questionnaire too long:

No 1
Yes 2

5. How would you characterize your reaction to this questionnaire?

Very favourable 1
Favourable 2
Neither favourable nor unfavourable .. 3
Unfavourable 4
Very unfavourable 5

Appendix B

Psychometric Data for MSSS Life-Role Area Stressor Sub-Scale Items

The data presented in tables B1 to B11 provide psychometric information on sub-scale items within each life-role stressor area.

The item number codes are explained in this paragraph. (1) The letter "A" indicates that the question is in the first section of the MSSS booklet. (2) The Roman Numeral that follows indicates life-role area scale (e.g., from I = 1st to XI = 11th). (3) The number that follows is the question number. (4) If there is a letter as the last character it indicates a sub-question. For example, item "AI1E" in Table B1, may be found in Section A of the MSSS in the Occupational life-role area as Question 1E.

Table B1

Item Means, Standard Deviations, Parameter Estimates, and Cronbach Alphas for Occupational Stressor Sub-Scales

Item	M	SD	PE	Alpha	N
Role Overload					
AI1C	2.57	.93	.801		152

Table B1

Noxious Work Conditions					
AI1E	1.6184	.8984	.503	.6924	152
AI1F	1.3882	.7192	.416		
AI1G	1.4276	.7856	.492		
AI1H	1.9079	1.1060	.369		
Sub-Scale	1.59	.64			
Ambiguous Responsibilities					
AI2B	1.5132	.6509	.587		152
Powerlessness					
AI2C	1.7303	.9277	.302	.7048	152
AI2D	1.7368	.8592	.637		
AI2E	1.6316	.7863	.241		
Sub-Scale	1.70	.68			
Role Conflict					
AI2F	1.5395	.7268	.124	.5950	152
AI2H	1.5263	.6606	.104		
Sub-Scale	1.65	.73			
Role Ambiguity					
AI2I	1.9671	.8796	.752	.7065	152
AI2J	1.4145	.6852	.254		
AI2K	1.5921	.7920	.394		
Sub-Scale	1.66	.63			

Table B1

Depersonalization					
AI3A	1.5263	.6084	.305	.7994	152
AI3B	1.5526	.7168	-.132		
AI3C	1.4539	.6391	.069		
Sub-Scale	1.51	.55			

Note. Parameter Estimates were obtained from confirmatory factor analysis using BMDP Statistical Software, Inc. EQS Structural Equations Program.

Factor scores for all of the remaining sub-scales were obtained from Principle Axis Factor Analyses with Varimax Rotations.

Table B2

Item Means, Standard Deviations, Factor Loadings, and Cronbach Alphas for Dual Career Couples Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Role Interference					
AI3A	1.6471	.7022	.779	.6976	153
AI3B	1.6209	.6978	.575		
AI3C	2.1046	.8205	.644		
Sub-Scale	1.79	.59			

Table B2

Unfair Treatment by the Canadian Forces					
AI11A	3.0654	1.1566	.656	.5863	153
AI11C	2.6993	1.1244	.653		
Sub-Scale	2.88	.96			
Job-Family Role Conflict					
AI12A	1.7080	.7982	.650		113
Job-Family Role Conflict					
AI12B	2.4052	.9559	.539	.4576	153
AI12C	2.5817	1.1788	.535		
Sub-Scale	2.49	.86			

Table B3

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Marriage in General Stressor Sub-
Scales

Item	M	SD	FL	Alpha	N
Lack of Intimacy					
AI113A	3.5960	.6713	.691	.7789	250
AI113D	3.6800	.5958	.550		
AI114A	3.2840	.7024	.624		
AI114B	3.4920	.7294	.653		
Sub-Scale	3.51	.52			

Table B3

Non-Reciprocity					
AIII2A	3.0538	.8568	.705	.8013	251
AIII2B	3.1653	.9108	.708		
AIII2C	2.9542	.9679	.865		
AIII3B	3.6813	.6017	.337		
Sub-Scale	3.21	.67			

Table B4

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Marriage to Someone in the Forces
Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Noxious Work Conditions					
AIV1A	2.2738	.7524	.759	.7455	252
AIV1B	2.0873	.8085	.761		
Sub-Scale	2.18	.70			
Inadequacy of Present Job Rewards					
AIV2A	2.2500	.9995	.492	.5614	252
AIV2B	2.0575	.9002	.689		
Sub-Scale	2.15	.79			

Table B4

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Marriage to Someone in the Forces
Stressor Sub-Scales

Inadequacy of Future Job Rewards

AIV2D	2.4980	1.1082	.576	.7017	252
AIV2E	2.3591	1.0094	.926		
Sub-Scale	2.43	.93			

Career Frustrations

AIV4A	2.5330	1.0441	.763	.6686	182
AIV4B	3.1731	1.0506	.519		
AIV4D	2.1209	1.1058	.583		
Sub-Scale	2.54	.89			

Spouse Working With Someone of the Opposite Sex

AIV9	2.9407	.5656	.407	.4980	236
AIV10	1.2669	.6464	.918		
Sub-Scale	2.11	.51			

Table B5

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Civilian Unemployment/Homemaker
Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Time Constraints					
AV2D	1.6822	.8644	.862	.7470	107
AV2E	1.7290	.9474	.768		
AV2G	1.7290	.8856	.498		
Sub-Scale	1.71	.73			
Inadequate Resources					
AV2B	2.3458	.9427	.708	.7505	107
AV2C	1.5888	.8350	.538		
AV2F	1.7383	.7689	.672		
AV2H	1.8505	1.0169	.490		
Sub-Scale	1.88	.68			

Table B6

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Parenthood Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Disregard for Parental Status					
AVI1A	1.8788	.8699	.513	.7961	198
AVI1B	1.8182	.7176	.765		
AVI1C	1.9621	.7194	.751		
Sub-Scale	1.89	.65			
Relationship Problems					
AVI2A	2.1566	.8788	.601	.7071	198
AVI2B	1.3788	.5986	.547		
AVI2C	1.5859	.6982	.771		
Sub-Scale	1.71	.58			
Alcohol and Drug Use or Abuse					
AVI3D	1.2475	.5181	.658	.5182	198
AVI3F	1.0960	.3430	.468		
Sub-Scale	1.17	.36			

Table B6

Non-Conformity to Parental Standards, Aspirations, and
Values

AVI2D	1.5253	.8041	.772	.8994	198
AVI2E	1.6616	.7815	.692		
AVI3A	1.4747	.7914	.719		
AVI3B	1.3384	.5625	.447		
AVI3C	1.2854	.6216	.454		
AVI3E	1.4545	.7304	.909		
AVI3G	1.3359	.6125	.772		
Sub-Scale	1.44	.56			

Job-Family Conflicts

AVI4A	1.9380	.7680	.686	.6967	129
AVI4B	1.9147	.7503	.556		
AVI4C	1.7248	.6874	.782		
AVI4D	1.7054	.8423	.447		
Sub-Scale	1.76	.60			

Table B7

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Financial Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Economic Saliency					
AVII2A	1.2917	.6178	.653	.8010	252
AVII2B	1.1190	.3913	.501		
AVII2C	1.6111	.7465	.747		
AVII2D	1.4048	.7697	.515		
AVII2E	1.6865	.8089	.716		
AVII2F	2.1806	.8279	.716		
AVII2G	1.2659	.6286	.414		
Sub-Scale	1.51	.47			

Table B8

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Postings Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Posting Frustrations					
AVIII3A	1.8235	.9991	.703	.7977	170
AVIII3B	2.0059	1.0234	.856		
AVIII3C	2.4882	1.0946	.660		
Sub-Scale	2.10	.87			

Table B8

Inadequate Posting Information					
AVIII2A	2.0291	.8407	.529	.6630	172
AVIII2B	2.1570	.8404	.811		
AVIII2C	2.2180	1.0060	.480		
Sub-Scale	2.13	.69			
Job Frustrations					
AVIII1A	1.3735	1.4788	.475	.6115	166
AVIII1C	1.8916	1.5414	.768		
AVIII2F	3.5422	.7985	.501		
Sub-Scale	2.19	1.02			
Home-Ownership Frustrations					
AVIII2G	2.1637	1.0831	.601	.7287	171
AVIII2H	1.9942	1.0029	.874		
Sub-Scale	2.09	.94			

Table B9

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Separation Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Household Role-Conflicts					
AIX1A	1.7582	.7610	.714	.6818	244
AIX1B	1.7008	.7458	.729		
Sub-Scale	1.73	.66			

Table B9

Marital Faithfulness					
AIX1D	1.18	.47	.580		244
Role Overload					
AIX2A	2.0328	.8057	.559	.7595	244
AIX2B	1.6352	.7441	.814		
AIX2C	1.3115	.5749	.772		
AIX2D	1.8197	.8644	.471		
Sub-Scale	1.70	.58			
Children's Disregard for Parental Status					
AIX1C	1.6680	.7701	.658	.8724	
					244
AIX2E	1.5000	.6759	.676		
AIX2F	2.0328	1.0995	.641		
AIX2G	1.6230	.6457	.906		
AIX2H	1.1025	.3298	.350		
AIX2I	1.7336	.7249	.866		
Sub-Scale	1.61	.57			
Difficulties with Base Administrative Organizations					
AIX5A	1.3485	.5794	.472	.5832	132
AIX5C	1.2955	.5892	.572		
Sub-Scale	1.32	.56			

Table B9

Difficulties with Primary Canadian Forces Organizations					
AIX5B	1.0548	.2824	.511	.3824	146
AIX5D	1.2500	.6221	.562		
Sub-Scale	1.26	.58			
Overall Difficulties in Dealing with the Canadian Forces					
AIX6A	1.9876	.9682	.815	.9005	161
AIX6B	1.8758	.8997	.839		
AIX6C	2.0870	1.0271	.831		
Sub-Scale	2.03	.90			

Table B10

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Housing Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Safety and Physical Environment					
AX1A	1.7034	.6956	.614	.8612	118
AX1C	1.9407	.6704	.644		
AX1E	1.8475	.8334	.666		
AX1F	2.0847	.8729	.882		
AX1H	2.2797	.8462	.702		
AX1K	2.2712	.8234	.617		
AX7B	2.2966	.9181	.425		
AX7C	2.3475	.8611	.465		

Table B10

Suitability of Neighbourhood for Children					
AX1B	1.9804	.7903	.639	.6746	153
AX1I	1.6993	.8037	.592		
AX2C	1.4248	.6948	.734		
Sub-Scale	1.78	.65			
Lack of Facilities or Activities for Children					
AX1G	1.8786	.7090	.842	.7672	173
AX1L	1.9017	.7287	.896		
AX2A	1.7803	.8200	.585		
Sub-Scale	1.88	.65			
Exposure of Children to Alcohol or Drugs					
AX2B	1.4677	.7149	.802		127
Overall Suitability for Children					
AX8A	2.7292	.9910	.813	.6534	153
AX8B	2.1181	.8236	.649		
Sub-Scale	2.44	.87			
Shortage of Suitable Housing					
AX8D	2.3376	.9093	.747	.6675	117
AX8E	2.5171	.9955	.894		
Sub-Scale	2.36	.94			
Cost of Housing					
AX8F	3.1009	1.0004	.907		189

Table B11

Item Means, Standard Deviations, Factor Loadings, and
Cronbach Alphas for Military Lifestyle Stressor Sub-Scales

Item	M	SD	FL	Alpha	N
Spousal Differences					
AXI1B	1.2356	.6427	.662		255
Role Ambiguity					
AXI3B	1.8715	.7181	.323	.4778	249
AXI3D	1.9036	.6771	.386		
Sub-Scale	1.89	.56			
Powerlessness					
AXI4E	2.1600	.9603	.685	.5144	250
AXI4F	1.9240	.9174	.544		
Sub-Scale	2.04	.77			