

A Self-Report on Stressors in Low-Income Families

Description of Acute Stressors

Acute (time-limited event); all require a certain degree of life change

Death of family member, parent, child

Income decreased; got into debt, lost your job

Family member or partner arrested; friendship breaks up

Marriage, breaking up with partner; had a child, miscarriage, abortion

You were the victim of a crime against your person

Description of Chronic Stressors

- Chronic (many represent continuing demanding conditions that do not change)
 - Being on welfare, being unemployed
 - Family member or friend with emotional/financial problems
 - Your partner lies to you, asks to borrow money from you
 - Trying to find a dependable babysitter
 - Chronic pain or disability

Description of Chronic Stressors

- African American women with low incomes reported more chronic stressors than white women with low incomes
 - Trying to get landlord to make repairs
 - Living in a neighborhood with high crime
 - Living in a violent neighborhood
 - Living in an excessively noisy neighborhood
 - Trying to make ends meet/running out of money
 - Unable to afford a car
 - Being the only parent
 - Being approached/spoken to disrespectfully by someone discriminating against you

Study of acute stress, chronic stress and depressive symptoms

(Grote, Bledsoe, Larkin & Brown, 2007)