

A multidimensional assessment of stress among breast cancer survivors: Development of a new instrument.

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The purpose of this study was to examine the factor structure of the Breast Cancer Stressor Questionnaire (Sabiston et al., 2005). Four hundred and seventy-five women who were members of dragon boat programs for breast cancer survivors completed the scale, which assessed the frequency, intensity, and direction (i.e., positive or negative) of 33 stressors identified as salient in this population. An exploratory factor analysis (EFA) using maximum likelihood extraction with varimax rotation was conducted on the total score for each stressor (frequency X intensity) and revealed a 4-factor solution explaining 40.84% of the variance. All items loaded under one of the four factors labeled physical, psychological, social, and physical activity with loadings ranging from .44 to .83. Three items did not load on any of the factors: stress in social settings, worries about family or friends getting breast cancer, and feelings of loss for breast(s). Findings were generally consistent with categories of stressors among survivors identified through content analysis and were also similar to the primary domains of quality of life identified in previous breast cancer research (Ferrell et al., 1995). Overall, this study provides additional support for the utility of this scale, but suggests that further validation work is needed on this new instrument.