



Building Stepfamilies That Work[®]

The Stepfamily Stress Index (SSI): An Overview

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What is the Stepfamily Stress Index?

The *Stepfamily Stress Index* (SSI) is a norm-referenced survey that was designed to:

- a) identify specific factors causing stress in a particular stepfamily, so that
- b) appropriate actions could be prescribed to relieve that stepfamily's stress.

Specifically, the SSI:

- a) measures the strength of a number of stressors that may be present in your stepfamily setting,
- b) evaluates the extent to which these stressors are impacting you personally, and
- c) assesses how well a number of important stress-reducing resources are being used.

How do I complete it?

- 1) Click the survey icon (a yellow, "double" clipboard) in week 1 of the BSTW Download site.
- 2) Click on the link at the bottom of the page that opens to start the SSI.
- 3) Answer each of the questions as indicated.
- 4) When you have finished the last question, hit the "Submit" button to forward your answers to The Stepfamily Foundation of Alberta,
- 5) then ask your partner to complete the SSI

After we receive both of your completed SSI surveys, we will:

- a) score them, and
- b) forward your results to your Stepfamily Foundation of Alberta counsellor / instructor.
- c) When you meet with them, they will provide you with a detailed interpretation of your results.

Should my partner and I complete the SSI together?

No. We prefer that you each complete the SSI independently, because the differences between your answers will help us to understand your family and circumstances much better.

How long will it take?

Most people are able to complete the SSI within 15 to 20 minutes.

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