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Original Communication

Development and Validation of a Multidimensional Measure of Stress Among African American Light Smokers

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Abstract

Context

Smoking rates are higher among inner-city and lower-income African Americans, perhaps due to psychosocial barriers to cessation efforts, including stress.

Objective

To describe the development of the MMOS and examine the psychometric properties of the MMOS among African American light smokers.

Design

Secondary analysis of data generated from a 2×2 randomized clinical trial, designed to examine the efficacy of nicotine replacement and cessation counseling among 755 African American light smokers.

Results

Fourteen items were included in the final MMOS ($\alpha = .83$). An exploratory factor analysis identified 3 factors: interpersonal ($\alpha = .80$), safety ($\alpha = .70$), and financial ($\alpha = .75$). The MMOS was significantly correlated with the Perceived Stress scale ($r = 0.49$, $p < .001$) and was associated with several demographic, psychosocial, and tobacco-related variables.

Conclusions

The MMOS appears to be a valid measure of stress among African American light smokers enrolled in a cessation trial.

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Keywords

African Americans; tobacco; stress

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interpretation and analysis of the data. Research was conducted at the University of Kansas.

The complete Multidimensional Measure of Stress (MMOS) measure may be made available to interested persons by contacting the corresponding author.

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