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## VALIDATION OF THE SPECIFIC SCALE OF PERCEIVED STRESS AMONG TUNISIAN STUDENTS

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**Introduction:** The university transition life is the most frequent source of problems. These problems result from stress academic and family relationship dysfunction. These stress factors can pose a risk in student's mental and physical health.

However, stress is the result of a transaction between the person and the environment.

**The objective:** Of this work is to validate the specific scale of perceived stress among Tunisian students.

**Methods:** To evaluate the perceived stress among students, we used the specific scale of perceived stress (Boujut E, Bruchon-Schweitzer M, 2003). This scale was constructed and validated on French students.

The scale is as a self-administered questionnaire consisting of 25 items.

The validation was made on a representative sample of university students (n = 500) randomly selected.

The main properties studied were: acceptability, reliability (Pearson's coefficient 'r'), face validity and content validity (Cronbach's alpha).

**Results:** The acceptability of the questionnaire was good, less than 10% of students were unable or unwilling to complete the questionnaire. The Pearson coefficient showed good reliability for this scale  $r = 0.98$ ,  $p < 0.05$ . The Cronbach's alpha was acceptable for all items of the scale  $\alpha = 0.81$ .

**Conclusion:** The specific scale of perceived stress is valid among Tunisian students. It is now available for clinicians to measure the level of perceived stress among students.