

Daily hassles in childhood and their relationship with symptomatology and adaptation

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This study analyzed the relationship between daily hassles and psychological symptoms (externalizing and internalizing symptomatology) and school, social and family adaptation in childhood. The participants were 552 (53.4% boys and 46.6% girls), aged between 10-12 years ($M= 10.91$). Patients receiving treatment in mental health services and a community group were compared. Self-report questionnaires were administered: Children's Hassles Scale (CHS), Strengths and Difficulties Questionnaire (SDQ-Cas), Modified Depression Scale (MDS), School Adaptation Scale and Family Adaptation Scale. The average of daily hassles was 11, with six of them experiencing distress. Daily hassles were related to an increased presence of symptoms and lower levels of adaptation ($p < .01$). The association between daily hassles and depressive symptoms were stronger in the clinical group than in the community one. Daily hassles explain from 21 to 39 percent of variance in symptomatology and from 5 to 41 percent in adaptation. Daily hassles are relevant for planning prevention and intervention strategies in childhood.