

The Resilience, Adaptation and Well-Being Project



Young Adult Family Inventory of Life Events and Strains

YA-FILE

YA-FILES:

Young Adult Family Inventory of Life Events and Strains

Overview

The Young Adult Family Inventory of Life Events and Strains (YA-FILES), developed by Hamilton McCubbin, Joan Patterson and Janet Grochowski (1984), is designed to assess the life strains and changes impacting on young adults transitioning to college life. YA-FILES is a modification of Adolescent-Family Inventory of Life Events and Changes (A-FILE) developed and tested by H.I. McCubbin, Patterson, Bauman, and Harris (H.I. McCubbin & Patterson, 1981c) to assess adolescent stress.

Development of YA-FILES

The modifications of A-FILE to form YA-FILES were made in order to assess the stressors and strains relative to college freshmen (young adults). Modifications included: (a) use of the term young adult instead of teenager in items 30, 32 and 37; (b) delete in A-FILE items 4, 15, 16, 18, 19, 21, 39, 40, 41 and 44; and (c) include a new, second section of 30 items called College Changes.

Conceptual Organization

The organization for YA-FILES is similar to that of A-FILE with the exceptions noted above. A factor analysis of the 70 items resulted in the formation of thirteen factors (subscales). The items related to each of the thirteen subscales are identified. In addition, the alpha reliabilities for each of the subscales are also reported below.

- I. Family Disruption.** These nine items focus on events that interrupt the normal pattern of family life, such as use of drugs, divorce, or moving to a new home. Items: 3, 9, 13, 29, 35, 36, 37, 38, 39 (Cronbach's alpha = .84).
- II. Family Losses and Conflicts.** The six items of this scale include those relating to the loss or addition of family members. Items: 6, 14, 16, 26, 31, 40 (Cronbach's alpha = .67).
- III. Health Disabilities.** These six items focus on health concerns such as hospitalization or emotional problems. Items: 5, 20, 21, 22, 23, 34 (Cronbach's alpha = .65).
- IV. Financial Worries.** These nine items focus on issues such as employment, debt, and cost of living. Items: 1, 2, 12, 15, 27, 28, 46, 50, 62 (Cronbach's alpha = .60).
- V. Breaking Away-Independence.** These three items focus on conflict between young adults and parents. Items: 30, 32, 33 (Cronbach's alpha = .72).

- VI. Extended Family Struggles.** These five items focus on long term care and grief issues for extended families. Items: 17, 18, 19, 24, 25 (Cronbach's alpha = .52).
- VII. Family Transitions.** These five items focus on role or status transitions of family members. Items: 4, 7, 8, 10, 11 (Cronbach's alpha = .46).
- VIII. College Pressures.** These five items focus on pressures related to educational and career choices. Items: 41, 45, 47, 58, 70 (Cronbach's alpha = .68).
- IX. College Community-Transportation and Isolation.** These five items relate to parking, driving conditions and access to social contact. Items: 54, 59, 60, 61, 63 (Cronbach's alpha = .72).
- X. College Community-Limited Friendship Support and Isolation.** These five items relate to difficulties in fitting in and homesickness. Items: 51, 55, 56, 57, 64 (Cronbach's alpha = .54).
- XI. College Advisors and Counselors Difficulties.** These three items focus on difficulty in obtaining support from advisors and counselors. Items: 42, 43, 44 (Cronbach's alpha = .72).
- XII. College-Study Hassles.** These four items focus on privacy and study environment issues. Items: 48, 49, 52, 65 (Cronbach's alpha = .60).
- XIII. College-Conflicts Between Personal Values and Expectations.** These five items focus on issues of drugs, sexuality, and peer pressure. Items: 53, 66, 67, 68, 69 (Cronbach's alpha = .65).

Reliability

YA-FILES emerged as a 70-item self-report instrument designed to record the pile-up of stressors and strains experienced by college freshmen and their families during a six-month period. As a young adult-family inventory of life events and strains, all demands experienced by any member of the family were to be recorded, since, from a family systems perspective, what happens to any member affects and involves all members to some degree. The overall internal reliability of YA-FILES was .85 (Cronbach's alpha) and the reliabilities of the 13 subscales are reported in the previous section.

Validity

The factor analysis lends partial support to the construct validity of YA-FILES. Furthermore, by building upon prior studies in the use of FILE and A-FILE, the findings of the pilot study supported the face validity of YA-FILES since it appeared to measure what it was intended to, that is, the stressors and strains of college freshmen. Used in a prospective study, this investigation offered additional evidence as to the predictive validity of YA-FILES (Grochowski, 1986).

Test-Retest Reliability

The test-retest reliability for YA-FILES is .85. Additional Validity Checks The validities for this instrument are limited to data from the original investigation which involved a prospective research design involving 111 students at a private college (see Tables 5.1 and 5.2). The findings presented in Table 5.1 confirm that the pile-up of family life changes (e.g., financial worries, college pressures, family losses and conflicts, isolation, and college advising conflicts) were predictive of mid-year academic (GPA) performance. Additionally, as indicated in Table 5.2, a smaller list of pile-up factors (e.g., limited friendships, isolation, losses and conflicts, and breaking away) were predictive of year end academic performance (GPA).

Table 5.1
Discriminant Analysis for YA-FILES Recorded at the Time of Freshman's Entry Into College.
Groups Defined By Mid-Academic Year GPA (N=78)**

Factors	Wilks' Lambda	Significance	Coefficients*
Limited Friendship Support and Isolation	.93825	.0283	0.73080
Conflicts Between Personal Values and Expectations	.89456	.0153	0.82347
Financial Worries	.83802	.0043	-0.33851
Family Transitions	.81009	.0036	0.43396
College Pressures	.79082	.0041	-0.66449
Family Losses and Conflicts	.76142	.0029	-0.47155
Transportation and Isolation	.73631	.0024	-0.49375
College Advisors and Counselors Difficulties	.71535	.0022	0.35239
Family Health Disabilities	.69738	.0023	0.31987

*Eigenvalue = .43394 Canonical Correlation = .561098 $\chi^2=25.77$ Significance = .0022

** List-wise deletion was used to decrease the chance that predictors would emerge because of sample size.

Table 5.2
Discriminant Analysis for YA-FILES Recorded at the Time of Freshman's Entry Into College.
Groups Defined By End of Academic Year GPA. (N=78)**

Factors	Wilks' Lambda	Significance	Standardized Canonical Discriminant Function Coefficients*
Mid-Academic Year GPA	.76219	.0000	.85779
Limited Friendship Support and Isolation	.71711	.0000	.33829
Financial Worries	.68857	.0000	.38246
Family Losses and Conflicts	.66690	.0000	.54280
Breaking Away - Independence	.62530	.0000	-.49981

*Eigenvalue = .59923 Canonical Correlation = .6121251 $\chi^2 = .34.510$ Significance = .0000

** List-wise deletion was used to decrease the chance that predictors would emerge because of sample size.

Scoring Procedures

The scores for the total YA-FILES, as well as Parts I and II separately, are obtained as follows:

Part I -For every item with a response circled Yes (either Happened to me personally or Happened to another family member), give that item a score of 1. If No was circled (Did not happen in my family), give that item a score of 0. Then add up the number of items with a Yes answer for Part I to arrive at a score for the Young Adult Family Stress Index.

Part II -Give all Yes responses a score of 1 and all No responses a score of 0. Then add up all the Yes scores to arrive at a Young Adult-College Stress Index score.

Part I: Young Adult Family Stress Index: 1 through 40

Part II: Young Adult-College Stress Index: 41 through 70

To obtain the Young Adult Family Transition Stress Index, a total score for YA-FILES, simply add the scores from Part I and Part II together.

Scores for each of the 13 subscales may also be useful and are obtained by assigning each item in a sub scale a score of 1 for a Yes response (either Happened to me personally or Happened to another family member) and a score of 0 for a No response and then summing the items with a Yes response for the items in that subscale. The list below will help you identify which items belong in each subscale.

Subscale 1:	Family Disruption:	3,9,13,29,35,36,37, 38,39
Subscale 2:	Family Losses & Conflicts:	6,14,16,26,31,40
Subscale 3:	Health Disabilities:	5,20,21,22,23,34
Subscale 4:	Financial Worries:	1, 2, 12, 15, 27, 28, 46, 50,62

Subscale 5:	Breaking Away- Independence:	30,32,33
Subscale 6:	Extended Family Struggles:	17,18,19,24,25
Subscale 7:	Family Transitions:	4,7,8, 10, 11
Subscale 8:	College Pressures:	41,45,47,58,70
Subscale 9:	College Community-Transportation & Isolation:	54,69,60,61,63
Subscale 10:	College Community-Limited Friendship Support & Isolation:	51,55,56,57,64
Subscale 11:	College Advisors & Counselors Difficulties:	42,43,44
Subscale 12:	College-8study Hassles:	48,49,52,66
Subscale 13:	College-Conflicts Between Personal Values & Expectations:	53,66,67,68,69

Norms and/or Comparative Data

Limited comparative data on this instrument are available. It is important to note that the sample of college students does provide us with meaningful information. The means and standard deviations for comparative purposes are presented in Table 5.3 (Grochowski, 1986).

Instrument Utilization for Research

The YA-FILES instrument is currently being tested within the Family Stress, Coping and Health Project and by other investigators. The few studies that have included this instrument have already been cited in the validity section of this chapter and are included in the references. Therefore, a summary table of related publications is not available at this time.

Notes

1. The earlier writings on this instrument included a comprehensive description of the instrument's development. For the sake of brevity we limited the chapter to the basic information that users have requested and needed. If you desire a copy and are unable to find our earlier publications, either the 1987 or the 1991 edition, please write to us at the Center for Excellence in Family Studies, Family Stress, Coping and Health Project, University of Wisconsin-Madison, 1300 Linden Drive, Madison, WI 53706 or send email to manual@macc.wisc.edu. There will be a charge for these additional materials.
2. When referencing this instrument, the proper citation is: McCubbin, H.I., Patterson, J., & Grochowski, J. (1984). Young Adult-Family Inventory of Life Events and Changes (YA-FILES). In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). Family assessment: Resiliency, coping and adaptation Inventories for research and practice. (pp. 213-226). Madison: University of Wisconsin System.

Table 5.3
Means and Standard Deviations for YA-FILES

Total		Mean	SD	Cases
(Instrument)	Entire Population	15.938	7.226	243
	Female	17.191	8.021	119
	Male	14.971	6.454	121
Factors				
Family Disruption				
	Entire Population	.951	1.181	243
	Female	1.018	1.219	119
	Male	.885	1.201	121
Family Losses and Conflicts				
	Entire Population	.276	.508	243
	Female	.236	.468	119
	Male	.327	.565	121
Family Health Disabilities				
	Entire Population	1.012	1.287	243
	Female	1.127	1.389	119
	Male	.904	1.178	121
Financial Worries				
	Entire Population	2.008	1.385	243
	Female	2.155	1.383	119
	Male	1.837	1.394	121
Breaking Away-Independence				
	Entire Population	.588	.800	243
	Female	.673	.825	119
	Male	.577	.784	121
Extended Family Struggles				
	Entire Population	.798	.973	243
	Female	.864	1.053	119
	Male	.702	.902	121

Table 5.3 (cont)
Means and Standard Deviations for YA-FILES

Factors	Mean	SD	Cases
Family Transitions			
Entire Population	1.716	1.145	243
Female	1.645	1.054	119
Male	1.769	1.159	121
College Pressures			
Entire Population	2.922	1.307	243
Female	3.073	1.346	119
Male	2.865	1.255	121
College Community – Transportation and Isolation			
Entire Population	1.136	1.162	243
Female	1.300	1.317	119
Male	.971	.960	121
College Community – Limited Friendship Support and Isolation			
Entire Population	1.407	1.254	243
Female	1.736	1.332	119
Male	1.192	1.158	121
College Advisors and Counselors Difficulties			
Entire Population	.370	.825	243
Female	.391	.858	119
Male	.308	.751	121
College – Study Hassles			
Entire Population	1.263	1.198	243
Female	1.436	1.253	119
Male	1.096	1.153	121
College – Conflicts Between Personal Values and Expectations			
Entire Population	1.095	1.100	243
Female	1.164	1.063	119
Male	1.115	1.160	121

YA-FILE

YOUNG ADULT-FAMILY INVENTORY OF
LIFE EVENTS AND CHANGES

English Version



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YA – FILE

YOUNG ADULT – FAMILY INVENTORY OF LIVE EVENTS AND CHANGES ©

Hamilton I. McCubbin Joan M. Patterson Janet R. Grochowski

Directions:

Part I – Family Life Changes

Read each family life change and decide if it happened in your family during the last 6 months. Mark one of the following responses:

- Yes, the change happened to me personally
- Yes, the change happened to another family member (not me)
- No, the change did not happen to any member of my family

Part II – College Changes

Read each college change and decide if it happened to YOU during the last 6 months. Check YES or NO

“FAMILY” means a group of persons who are related to each other by marriage, blood, or adoption, who may or may not live with you. Family includes step-parents, step-brother, step-sisters and foster parents.

Remember: Anytime the words parent, mother, brother, etc. are used, they also mean step-parent, step-mother, foster parent, guardian, etc.

Part I: Family Life Changes			
<i>Did this change happen in your family in the last 6 months</i>	Yes, happened to me personally	Yes, happened to another family member	No, did not happen in my family
1. Family member started new business (farm, store, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Parent quit or lost a job	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Parents separated or divorced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Parents remarried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Family member was married	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Family member was found to have a learning disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part I: Family Life Changes <i>Did this change happen in your family in the last 6 months</i>	Yes, happened to me personally	Yes, happened to another family member	No, did not happen in my family
7. Parents adopted a child	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. A member started junior high or high school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Parent started school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Brother or sister moved away from home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Young adult member entered college, vocational training or armed forces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Parent(s) started or changed to a new job	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Family moved to a new home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Birth of a brother or sister	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Damage to or loss of family property due to fire, burglary or other disaster	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Parent died	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Close family relative died	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Death of a close friend of family member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Family member or close family friend attempted or committed suicide.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Family member became seriously ill or injured	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Family member was hospitalized	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Family member became physically disabled or was found to have a long-term health problem (e.g., asthma)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Family member has emotional problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Grandparent(s) became seriously ill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Parent(s) have more responsibility to take care of grandparent(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Family member ran away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. More financial debts due to use of credit cards or charges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Increased family living expenses for medical care, food, clothing, energy costs (gasoline, heating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Increase of parent's time away from family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part I: Family Life Changes <i>Did this change happen in your family in the last 6 months</i>	Yes, happened to me personally	Yes, happened to another family member	No, did not happen in my family
30. Young adult member resists doing things with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Increase in arguments between parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Teens/young adults have more arguments with one another	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Parent(s) and young adult(s) have increased arguments (hassles) over personal appearance (clothes, hair, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Increased arguments about getting the jobs done at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Family member uses drugs (not given by doctor)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. Family member drinks too much alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Teen/young adult was suspended from or dropped out of school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Parent(s) and young adults have increased arguments (hassles) over use of cigarettes, alcohol or drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. Family member went to jail, juvenile detention, or was placed on court probation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Family member was robbed or attacked (physically or sexually)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part II: College Changes		
<i>Did this change happen in your family in the last 6 months?</i>	Yes	No
41. Felt pressure to get good grades	<input type="checkbox"/>	<input type="checkbox"/>
42. Had difficulty getting needed information and help from your college advisor	<input type="checkbox"/>	<input type="checkbox"/>
43. Had difficulty finding a college counselor for your personal needs (e.g., academic, career, emotional, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
44. Had difficulty getting the help you needed from a college professor	<input type="checkbox"/>	<input type="checkbox"/>
45. Felt pressure to make a career choice	<input type="checkbox"/>	<input type="checkbox"/>
46. Felt pressure from parents to make a career choice	<input type="checkbox"/>	<input type="checkbox"/>
47. Felt pressure from your parents to succeed in college	<input type="checkbox"/>	<input type="checkbox"/>
48. Been unable to find a quiet place to study	<input type="checkbox"/>	<input type="checkbox"/>
49. Been unable to use the library to study	<input type="checkbox"/>	<input type="checkbox"/>
50. Felt financial pressure regarding how to pay for tuition, books, etc.	<input type="checkbox"/>	<input type="checkbox"/>
51. Had conflict or hassles with your roommate(s)	<input type="checkbox"/>	<input type="checkbox"/>
52. Felt the need to have more privacy	<input type="checkbox"/>	<input type="checkbox"/>
53. Felt uncertainty regarding how to act as a college student in social settings	<input type="checkbox"/>	<input type="checkbox"/>
54. Had difficulty making friends with on-campus students	<input type="checkbox"/>	<input type="checkbox"/>
55. Had difficulty making friends with commuting students	<input type="checkbox"/>	<input type="checkbox"/>
56. Had difficulty making friends with students living in apartments	<input type="checkbox"/>	<input type="checkbox"/>
57. Felt lonely because you missed your family	<input type="checkbox"/>	<input type="checkbox"/>
58. Felt conflict between time to study and time to make friends	<input type="checkbox"/>	<input type="checkbox"/>
59. Worried about driving to class in bad weather	<input type="checkbox"/>	<input type="checkbox"/>
60. Worried about finding a place to park at school	<input type="checkbox"/>	<input type="checkbox"/>
61. Felt isolated from the college community	<input type="checkbox"/>	<input type="checkbox"/>
62. Felt your being in college has placed added strain on your family	<input type="checkbox"/>	<input type="checkbox"/>

Part II: College Changes		
<i>Did this change happen in your family in the last 6 months?</i>	Yes	No
63. Had difficulty participating in social activities held at the college during evening hours or on weekends	<input type="checkbox"/>	<input type="checkbox"/>
64. Felt strain from missing contact with your high school friends	<input type="checkbox"/>	<input type="checkbox"/>
65. Been unable to study when you wanted to for as long as you wanted	<input type="checkbox"/>	<input type="checkbox"/>
66. Felt pressure to drink when you did not want to	<input type="checkbox"/>	<input type="checkbox"/>
67. Felt pressure to use non-prescription drugs when you did not what to	<input type="checkbox"/>	<input type="checkbox"/>
68. Worried about being sexually attractive	<input type="checkbox"/>	<input type="checkbox"/>
69. Worried about how sexually active to be	<input type="checkbox"/>	<input type="checkbox"/>
70. Felt confused about your priorities, values, beliefs	<input type="checkbox"/>	<input type="checkbox"/>