

**THE AP-GFK POLL: ABOUT THE DEBT STRESS INDEX**

The Debt Stress Index was developed by research psychologist Paul J. Lavrakas and his colleagues at The Ohio State University in the 1990s. It has been used in many surveys, including several Associated Press polls, to track the impact of worry about financial debt on health and well-being.

The index is made up of four questions that are combined together and scaled from zero to 100, so that zero indicates no debt stress whatsoever and 100 indicates extreme debt stress.

The median debt stress scores as measured by national AP telephone polls in 2004, 2008 and 2009 are shown below:

	<b>Median Debt Stress Index Score</b>
<b>2004</b>	25.0
<b>2008</b>	33.3
<b>2009</b>	29.2

For more information about the index, please contact AP's Polling Unit at [polling@ap.org](mailto:polling@ap.org).