

Life Events Scale

A Scale of Stresses

This is a list of events that occur commonly in people's lives. The number in the column headed "Mean Value" indicates how stressful each event is. More specifically, a high number indicates the event is intensely stressful and will take a long time to adjust to.

Thinking about the last year, place a check mark next to the events that happened to you. In the space provided under "Mean Value", indicate the number of times that it occurred in the past 12 months. Multiply this number, or frequency, by the number in the "Mean Value" column. Place the total in the "Stress" column. Adding the totals in the "Stress" column will give your stress score for the year. A total score of:

150-199	Indicates mild life crisis
200-299	Moderate life crisis
300+	Major life crisis

Life Events Index	Mean Value	=	Stress
Death of a spouse	_____ x 100	=	_____
Divorce	_____ x 73	=	_____
Marital separation	_____ x 65	=	_____
Jail Term	_____ x 63	=	_____
Death of a close family member	_____ x 63	=	_____
Personal injury or illness	_____ x 53	=	_____
Marriage	_____ x 50	=	_____
Fired at work	_____ x 47	=	_____
Marital reconciliation	_____ x 45	=	_____
Retirement	_____ x 45	=	_____
Change in health of family member	_____ x 44	=	_____
Pregnancy	_____ x 40	=	_____
Sex difficulties	_____ x 39	=	_____
Gain of new family member	_____ x 39	=	_____
Business readjustment	_____ x 39	=	_____
Change in financial state	_____ x 38	=	_____
Death of a close friend	_____ x 37	=	_____
Change to a different line of work	_____ x 36	=	_____
Change in number of arguments with spouse	_____ x 36	=	_____
Mortgage over \$100,000.	_____ x 31	=	_____
Foreclosure of mortgage or loan	_____ x 30	=	_____
Changes in responsibilities at work	_____ x 29	=	_____
Son or Daughter leaving home	_____ x 29	=	_____
Trouble with in-laws	_____ x 29	=	_____
Outstanding personal achievement	_____ x 28	=	_____
Wife or Husband beginning or stopping work	_____ x 26	=	_____
Begin or end school	_____ x 26	=	_____
Change in living conditions	_____ x 25	=	_____
Revision of personal habits	_____ x 24	=	_____
Trouble with boss	_____ x 23	=	_____
Change in work hours or conditions	_____ x 20	=	_____
Change in residence	_____ x 20	=	_____
Change in schools	_____ x 20	=	_____
	TOTAL	=	_____