

Life Stress Questionnaire

Name _____

Date _____

During the past two years, have you had any of the following things happen to you? If so, simply circle one of the numbers following those items (and **only those items** that apply to you). Circle only one number after each event which has occurred in your life recently.

		POINT VALUE		
		Slight	Moderate	Great
Example:	LIFE EVENT			
	Change in social activities			
	Change in sleeping habits	10	15	20
	Change in residence	10	15	20
	-----	10	15	20
	1. Change in social activities	-----	-----	-----
	2. Change in sleeping habits	10	15	20
	3. Change in residence	10	15	20
	4. Change in work hours	10	20	30
	5. Change in church activities	15	20	25
	6. Tension at work	15	20	25
	7. Small children in the home	20	25	30
	8. Change in living conditions	20	25	30
	9. Outstanding personal achievement	20	25	30
	10. Problem teenager(s) in the home	25	30	35
	11. Trouble with in-laws	25	30	35
	12. Difficulties with peer group	25	30	35
	13. Son or daughter leaving home	25	30	35
	14. Change in responsibilities at work	25	30	35
	15. Taking over a major financial responsibility	25	30	35
	16. Foreclosure of mortgage of loan	25	30	35
	17. Change in relationship with spouse	25	30	35
	18. Change to different line of work	30	35	40
	19. Loss of a close friend	30	35	40
	20. Gain of a new family member	30	35	40
	21. Sex difficulties	35	40	45
	22. Pregnancy	35	40	45
	23. Change in health of family member	35	40	45
	24. Retirement	40	45	50
	25. Loss of job	40	45	50
	26. Change in quality of religious faith	45	50	55
	27. Marriage	45	50	55
	28. Personal injury or illness	45	50	55
	29. Loss of self confidence	45	50	55
	30. Death of a close family member	55	60	65
	31. Injury to reputation	50	60	70
	32. Trouble with the law	50	60	70
	33. Marital separation	55	65	75
	34. Divorce	55	65	75
	35. Death of spouse	65	76	85
	36. Other (invalid in family; drug or alcohol problem, etc):	80	100	120
	37. Other: _____			

Total of three columns

Scoring System:

- (1) Greater than 300, highly significant life stress
- (2) 200-300, significant life stress
- (3) 150-200, moderate life stress
- (4) Less than 150, low life stress