



Lab A10-3 *Life Events and Stress*

To get a feel for the possible health impact of the various recent events or changes in your life, think back over the past year and circle the points listed for each of the events that you experienced during that time.

Health		Home and Family	
An injury or illness which: kept you in bed a week or more, or sent you to the hospital was less serious than that	74 44	Major change in living conditions Change in residence: move within the same town or city move to a different town, city, or state	42 25 47
Major dental work	26	Change in family get-togethers	25
Major change in eating habits	27	Major change in health or behavior of family member	55
Major change in sleeping habits	26	Marriage	50
Major change in your usual type or amount of recreation	28	Pregnancy	67
		Miscarriage or abortion	65
Work		Gain of a new family member: birth of a child adoption of a child a relative moving in with you	 66 65 59
Change to a new type of work	51	Spouse beginning or ending work	46
Change in your work hours or conditions	35	Child leaving home: to attend college due to marriage for other reasons	 41 41 45
Change in your responsibilities at work: more responsibilities fewer responsibilities promotion demotion transfer	29 21 31 42 32	Change in arguments with spouse	50
Troubles at work: with your boss with coworkers with persons under your supervision other work troubles	29 35 35 28	In-law problems	38
Major business adjustment	60	Change in marital status of your parents: divorce remarriage	59 50
Retirement	52	Separation from spouse: due to work due to marital problems	53 76
Loss of job: laid off from work fired from work	68 79	Divorce	96
Correspondence course to help you in your work	18	Birth of grandchild	43
		Death of spouse	119
		Death of other family member: child brother or sister parent	 123 102 100

(over)

LAB A10-3 (continued)**Personal and Social**

Change in personal habits	26
Beginning or ending school or college	38
Change of school or college	35
Change of political beliefs	24
Change in religious beliefs	29
Change in social activities	27
Vacation trip	24
New, close, personal relationship	37
Engagement to marry	45
Girlfriend or boyfriend problems	39
Sexual difficulties	44
“Falling out” of a close personal relationship	47
An accident	48
Minor violation of the law	20
Being held in jail	75
Death of a close friend	70
Major decision about your immediate future	51
Major personal achievement	36

Financial

Major change in finances:	
increased income	38
decreased income	60
investment or credit difficulties	56
Loss or damage of personal property	43
Moderate purchase	20
Major purchase	37
Foreclosure on a mortgage or loan	58

Total score: _____

Add up your points. A total score of anywhere from about 250 to 500 or so would be considered a moderate amount of stress. If you score higher than that, you may face an increased risk of illness; if you score lower than that, consider yourself fortunate.