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.

	LIFE EVENT	POINT VALUE Slight	Moderate	Great
Example:	Change in social activities			
	Change in sleeping habits	10	15	20
	Change in residence	10	15	20
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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

Based on studies of Dr. Thomas Holmes,
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