

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	Moderate	Great
Example:	Change in social activities			
	Change in sleeping habits	Slight	15	20
	Change in residence	10	15	20
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1.	Change in social activities	10	15	20
2.	Change in sleeping habits	10	20	30
3.	Change in residence	-----	15	20
4.	Change in work hours	10	20	30
5.	Change in church activities	10	20	25
6.	Tension at work	10	20	25
7.	Small children in the home	15	25	30
8.	Change in living conditions	15	25	30
9.	Outstanding personal achievement	20	25	30
10.	Problem teenager(s) in the home	20	30	35
11.	Trouble with in-laws	20	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	25	35	40
19.	Loss of a close friend	25	35	40
20.	Gain of a new family member	30	35	40
21.	Sex difficulties	30	40	45
22.	Pregnancy	30	40	45
23.	Change in health of family member	35	40	45
24.	Retirement	35	45	50
25.	Loss of job	35	45	50
26.	Change in quality of religious faith	40	50	55
27.	Marriage	40	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	45	60	65
31.	Injury to reputation	45	60	70
32.	Trouble with the law	55	60	70
33.	Marital separation	50	65	75
34.	Divorce	50	65	75
35.	Death of spouse	55	76	85
36.	Other (invalid in family; drug or alcohol problem, etc):	55 65	100	120
37.	Other: _____	80		

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