

TEXT SUPPLEMENT (Ch 15): Stressful Life Events

The relative stressfulness of each event is indicated by the number on the left. The most stressful life event was assigned a value of 100, and other events were assigned lower values in proportion to their effects on stress. Divorce, for example, caused stress in 73% as many individuals that experience this event as was true for the death of a spouse. Notice that change is a common factor in many of these events, often in either direction (e.g., marriage as well as divorce).

To calculate an index of the amount of stress in your life, list all the life events from this table that have affected you in the last year and add up their total scores. Persons with higher scores are much more prone to experiencing major illness or other stress-related conditions in the coming year.

STRESSFULNESS	LIFE EVENT
100	Death of spouse
73	Divorce
65	Marital separation
63	Jail term
63	Death of close family member (except spouse)
53	Major personal injury or illness
50	Marriage
47	Being fired from work
45	Marital reconciliation
45	Retirement
44	Change in health of family member (not self)
40	Pregnancy
39	Sex difficulties
39	Gain of new family member
39	Business readjustment
38	Change in financial state
37	Death of close friend
36	Change to different occupation
35	Change in number of arguments with spouse
31	Mortgage over \$40,000
30	Foreclosure of mortgage or loan
29	Change in responsibilities at work
29	Son or daughter leaving home
29	Trouble with in-laws
28	Outstanding personal achievement
26	Spouse begins or stops work
26	Begin or end school
25	Change in living conditions
24	Change in personal habits (self or family)
23	Trouble with boss
20	Change in work hours or conditions
20	Change in residence
20	Change in schools
19	Change in recreation
19	Change in church activities
18	Change in social activities
17	Mortgage or loan less than \$40,000
16	Change in sleeping habits
15	Change in number of family get-togethers
13	Change in eating habits
13	Vacation
12	Christmas
11	Minor violations of the law