

Life Events Survey

Life Event	Average Stress Score
Death of Spouse	100
Divorce	73
Marital Separation	63
Jail Term	63
Death of close family member	63
Personal injury or illness	53
Marriage	50
Being fired from work	47
Marital problems	45
Retirement	44
Change in health of a family member	40
Pregnancy	39
Sexual difficulties	39
Gain of new family member	39
Business readjustment	39
Change of finances	38
Death of a close friend	37
Change to a different line of work	36
Mortgage or loan for major purchase (such as a house)	31
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29
Son or daughter leaving home	29
Trouble with in-laws	29
Spouse begins or stops work	26
Beginning or finishing school	25
Change in living conditions	24
Trouble with boss	20
Change in work hours or conditions	20
Change in sleeping habits	15
Change in eating habits	12
Vacation	12
Christmas	12

Determine which life events have occurred in your life over the past two years and add your total stress score. For example, if you got married, changed to a different line of work, changed residence, and took two vacations, your total stress score would be $50+36+20+13=132$. If your total stress score is under 150, you are less likely to be suffering the effects of cumulative stress. If it is between 150 and 130, you may be suffering chronic stress, depending on how you perceived and coped with the particular life events that occurred, if your score is over 300, it is likely you are experiencing some detrimental effects of cumulative stress. Please note that the stress scores on the above survey are averaged over many people. The degree of which any particular event is stressful to you will depend on how you perceive it.