

Name: \_\_\_\_\_ Date: \_\_\_\_\_

***Life Event Scale for Assessment of Stress***

Determine which of the following events you have experienced within the past year.

<b>Mean Value</b>	<b>Life Event</b>
87	Death of Spouse
77	Death of close family member
77	Marriage
76	Divorce
74	Marital separation from your mate
68	Pregnancy or fathering a child
68	Death of a close friend
65	Major personal injury or illness
62	Being fired from work
60	Going broke or breaking off a marital engagement or a steady relationship
58	Sexual difficulties
58	Marital Reconciliation with your mate
57	Major changes in self-concept or self-awareness
57	Major change in usual type and/or amount of recreation
56	Major change in the health or behavior of a family member
54	Becoming engaged to be married
53	Major change in financial state (a lot worse or a lot better off than usual)
52	Taking a mortgage or loan less than \$10,000 (such as purchase of a car, TV, School loan)
50	Change to different line of work
50	Major change in the number of arguments with spouse (either a lot more or less than usual)
50	Entering college
50	Change to a new school
50	Gaining a new family member (through birth, adoption, older person moving in, etc.)
50	Major conflict in or change in values
49	Major change in the amount of independence and responsibility (for example, budgeting time)
48	Major change in social activities
47	Major change in responsibilities at work (promotion, demotion, lateral transfer)
46	Major change in the use of alcohol (a lot more or a lot less)
45	Revision of personal habits (friends, dress, manners, associations, etc.)
44	Trouble with school administration (instructors, advisors, class scheduling)
43	Holding a job while attending school

42	Trouble with in-laws
42	Change of residence or living conditions
41	Spouse beginning or ceasing work outside the home
41	Change in choice of a major field of study
41	Change in dating habits
40	Outstanding personal achievement
38	Major change in the amount of participation in school activities
36	Major change in church activities (a lot more or a lot less than usual)
34	Major change in sleeping habits (sleeping a lot more or a lot less or sleeping during different part of the day)
33	Taking a trip or vacation
30	Major change in eating habits (a lot more or a lot less food intake or very different meal hours or surroundings)
26	Major change in the number of family get-togethers (a lot more or a lot less)
22	Being found guilty of minor violations of law (traffic ticket, jaywalking, etc.)

**Scoring ... Your score is \_\_\_\_\_.**

To obtain your score multiply the number of times an event occurred by its mean value. Then total all of the scores. Your score is termed your *life change units* (LCU). This is a measure of the amount of significant changes in your life to which you have had to adjust. In other words, your LCU is a measure of the stressors you have encountered this past year.

**Low Stress**

Score: 150 or less

Implications for Illness: This indicates that a person has a 37 percent chance of getting a stress-related disease in the next year or two.

**Moderate Stress**

Score: 151 to 300

Implications for Illness: This indicates that a person has a 51 percent chance of getting a stress-related illness in the next year.

**High Stress**

Score: 301 or more

Implications for Illness: This indicates that a person has an 80 percent chance of getting a stress-related illness in the next year.

(G.E. Anderson, "Schedule of Recent Experience." Unpublished Masters Thesis, 1972. Department of Education, North Dakota State University, Fargo, North Dakota.)

