

LIFE EVENT STRESS INVENTORY

It is quite often the case that an accumulation of very stressful life events in a relatively short period (eg: 12-18 months) increases one's vulnerability to depression, or can even bring it on due to emotional 'overload'. Several life events are suggested below and some sample scores (rated up to 100) are given. Please use this page and write in your 'stress' scores for those events that you have experienced over the last 18 months. For some people, their Marriage was the happiest time of their life and everything went swimmingly; for others it might have been very, very stressful. So you decide upon your score. A couple of lines have also been left for you to add in any life events not mentioned in the list.

List of "Life Events"	Sample Scores	Your Scores	Comments
Death of a spouse, partner or child	100		
Divorce	73		
Marital separation	65		
Imprisonment	63		
Death of a close family member	60		
Personal injury or illness	55		
Marriage	50		
Dismissal from work	47		
Retirement	45		
Change in health of family member	44		
Pregnancy	40		
Sexual difficulties	39		
New family member	39		
Business/work changes	39		
Change in financial situation	38		
Death of a close friend	37		
Change in amount of arguments with spouse	36		
Taking out a major mortgage	32		
Foreclosure of mortgage or loan	30		
Change in responsibilities at work	29		
Child leaving home	29		
Trouble with in-laws (or neighbours)	29		
Spouse begins or stops work	27		
End / change school, or begin college	26		
Change in living conditions	26		
Change in social activities	26		
Trouble with the boss	23		
Changes in work hours / shifts / conditions	20		
Holidays	15		
Christmas	15		
Changes in sleep / diet	15		
Minor violations of the law	11		
>....	•		
>....	•		
YOUR TOTAL SCORE	=		

If you scored more than 250-300 points, your symptoms (often depression, sometimes serious illness or an increased incidence of minor illnesses) are probably as a result of these stressful life events. Make sure you take appropriate measures to reduce the current stress in your life.

Adapted from Holmes & Rahe, 1967