

LIFE EVENT**POINT VALUE**

	LIFE EVENT	POINT VALUE
1.	Death of a spouse	100
2.	Divorce	73
3.	Marital separation from mate	65
4.	Detention in jail or other institution	63
5.	Death of a close family member	63
6.	Major personal injury or illness	53
7.	Marriage	50
8.	Being fired at work	47
9.	Marital reconciliation with mate	45
10.	Retirement from work	45
11.	Major change in health or behavior of a family member	44
12.	Pregnancy	40
13.	Sexual difficulties	39
14.	Gaining a new family member (e.g., through birth, adoption, oldest moving in, etc.)	39
15.	Major business readjustment (e.g., merger, reorganization, bankruptcy, etc.)	37
16.	Major change in financial state (e.g., a lot worse off or a lot better off than usual)	38
17.	Death of a close friend	37
18.	Changing to a different line of work	36
19.	Major change in the number of arguments with spouse (e.g., either a lot more or a lot less than usual regarding childrearing, personal habits, etc.)	35
20.	Taking on a mortgage greater than \$100,000 (e.g., purchasing a home, business, etc.)	31
21.	Foreclosure on a mortgage or loan	30
22.	Major change in responsibilities at work (e.g., promotion, demotion, lateral transfer, etc.)	29
23.	Son or daughter leaving home (e.g., marriage, attending college)	29
24.	In-Law troubles	29
25.	Outstanding personal achievement	28
26.	Spouse beginning or ceasing work outside of the home	26
27.	Beginning or ceasing formal schooling	26
28.	Major change in living conditions (e.g., building a new home, remodeling, deterioration of home or neighborhood)	25
29.	Revision of personal habits (e.g., dress, manners, association)	24
30.	Troubles with the boss	23
31.	Major change in working hours or conditions	20
32.	Change in residence	20
33.	Changing to a new school	20
34.	Major change in usual type and/or amount of recreation	19
35.	Major change in church activities (e.g., a lot more/a lot less than usual)	19
36.	Spouse Major change in social activities (e.g., clubs, dancing, movies, visiting, etc.)	18
37.	Taking on a mortgage of less than \$100.000 (e.g., purchasing a car, TV, freezer, etc.)	17

38.	Major change in sleeping habits (e.g., a lot more or a lot less sleep, or change in part of day when asleep)	16
39.	Major change in number of family get-together (e.g., a lot more or a lot less than usual)	15
40.	Major change in eating habits (e.g., a lot more or a lot less food intake, or very different meal hours or surroundings)	15
41.	Vacation	13
42.	Christmas	12
43.	Minor violations of the law (e.g., traffic tickers, jaywalking, disturbing the peace)	11

TOTAL LIFE CHANGE UNIT VALUES: _____

HERE'S WHAT YOUR SCORE MEANS

<u>SCORE RANGE</u>	<u>INTERPRETATION</u>	<u>SUSCEPTIBILITY</u>
300 +	Major life change	Major illness within year
250 – 299	Serious life change	Lowered resistance to disease
200 – 249	Moderate life change	Depression
150 – 199	Mild life change	Colds, flu, occasional depression
149 – 0	Very little life change	Good Health