Stanislaus County
Office of
Education

Child/Family Services

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PERSONAL STRESS SCALE

Resource & Referral Handout

DIRECTONS: CHECK (4) ANY EVENT THAT HAS TAKEN PLACE IN YOUR LIFE RECENTLY. THEN ADD THE NUMBER OF POINTS FOR EACH EVENT CHECKED.

EVENT	POINT VALUE	4
1. DEATH OF SPOUSE	100	
2. DIVORCE	73	
3. MARITAL SEPARATION	65	
4. JAIL TERM	63	
5. DEATH OF CLOSE FAMILY MEMBER	63	
6. PERSONAL INJURY OR ILLNESS	53	
7. MARRIAGE	50	
8. FIRED FROM WORK OR MAJOR DEMOTION	47	
9. MARITAL RECONCILIATION	45	
10. RETIREMENT	45	
11. CHANGE IN FAMILY MEMBER'S HEALTH	44	
12. PREGNANCY	40	
13. SEX DIFFICULTIES	39	
14. ADDITION TO FAMILY	39	
15. SCHOOL OR BUSINESS ADJUSTMENT	39	
16. CHANGE IN FINANCIAL STATUS	38	
17. DEATH OF CLOSE FRIEND	37	
18. CHANGE TO DIFFERENT LINE OF WORK	36	
19. CHANGE IN NUMBER OF MARITAL ARGUMENTS	35	
20. MORTGAGE OR LOAN OVER $10,000	31	
21. FORECLOSURE OF MORTGAGE OR LOAN	30	
22. CHANGE IN WORK RESPONSIBILITIES	29	
23. SON OR DAUGHTER LEAVING HOME	29	
24. TROUBLE WITH IN-LAWS	29	
25. OUTSTANDING PERSONAL ACHIEVEMENT	28	
26. SPOUSE BEGINS OR STOPS WORK	26	
27. STARTING OR FINISHING SCHOOL	26	
28. CHANGE IN LIVING CONDITIONS	25	
29. REVISION OF PERSONAL HABITS	24	
30. TROUBLE WITH ADMINISTRATORS	23	

31.	CHANGE IN WORK HOURS, CONDITIONS	20	
32.	CHANGE IN RESIDENCE	20	
33.	CHANGE IN SCHOOLS	20	
34.	CHANGE IN CHURCH ACTIVITIES	19	
35.	CHANGE IN RECREATIONAL HABITS	19	
36.	CHANGE IN SOCIAL ACTIVITIES	18	
37.	MORTGAGE OR LOAN UNDER $10,000	17	
38.	CHANGE IN SLEEPING HABITS	16	
39.	CHANGE IN NUMBER OF FAMILY GATHERINGS	15	
40.	CHANGE IN EATING HABITS	15	
41.	VACATION	13	
42.	CHRISTMAS SEASON	12	
43.	MINOR VIOLATION OF THE LAW	11	
TOTAL POINTS			

IF YOUR TOTAL IS: 0 – 150 YOU'RE COPING. YOUR CHANCE OF GETTING SICK IN THE NEXT TWO YEARS IS A MERE 37 OUT OF 100.

151 – 299 YOU'RE IN THE 50 /50 RANGE

ABOVE 300 SLOW DOWN