

Stress Reduction Test

In the past 12 months, which of the following major life events have taken place in your life?

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|---------------------------------------|---|
| _____ Death of spouse 100 | _____ Pregnancy 40 |
| _____ Death of a child 100 | _____ Adoption 40 |
| _____ Divorce 75 | _____ Sex difficulties 40 |
| _____ Fire 75 | _____ Individual staying with you 35 |
| _____ Robbery 75 | _____ Business changes or readjustment 35 |
| _____ Rape 75 | _____ Change in financial status 35 |
| _____ IRS audit 75 | _____ National tragedy 35 |
| _____ Assault 75 | _____ Change to a different line of work 35 |
| _____ Become disabled 65 | _____ Purchase of new home 35 |
| _____ Fear of death 65 | _____ Arguments with in-laws 35 |
| _____ Mental illness self-65 | _____ Mortgage or loan 35 |
| _____ Mental illness family member 65 | _____ Foreclosure of mortgage or loan 30 |
| _____ Breakup Loved one 65 | _____ Change in work responsibilities 30 |
| _____ Hostile/angry loved one 65 | _____ Trouble with in-laws 30 |
| _____ Marital separation 55 | _____ Outstanding personal achievement 30 |
| _____ Marital tension 55 | _____ Spouse begins or stops work 30 |
| _____ Jail Term 50 | _____ Starting or finishing school 30 |
| _____ Arrest 50 | _____ Change in living conditions 25 |
| _____ Death of close family member 50 | _____ Revision of personal habits 25 |
| _____ Death of close acquaintance 50 | _____ Trouble with boss 25 |
| _____ Personal injury or illness 50 | _____ Change in work hours, conditions 25 |
| _____ Injury or illness child 50 | _____ Change in residence 20 |
| _____ Marriage 45 | _____ Change in schools 20 |
| _____ Engagement 45 | _____ Change in recreational habits 20 |
| _____ Laid off from job 45 | _____ Change in church activities 20 |
| _____ Fired from work 45 | _____ Change in social activities 20 |
| _____ Major purchase 40 | _____ Unpleasant weather 15 |
| _____ Retirement 40 | _____ Change in sleeping habits 15 |
| _____ Injury or illness friend 40 | |

_____ **Your Total Score**

LIFE STRESS SCORES

- | | |
|-----------|---|
| 0 - 250 | Low susceptibility to stress-related illness |
| 251 - 560 | Medium susceptibility to stress-related illness |
| 561 - 800 | High susceptibility to stress-related illness |