

The Center for Medicine and Healing Arts

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Heart, Hope, Healing

Life Stress Questionnaire

Name _____

Date _____

During the past two years, have you had any of the following things happen to you? If so, simply circle one of the numbers following those items (and only those items that apply to you). Circle only one number after each event which has occurred in your life recently.

LIFE EVENT

POINT VALUE

EXAMPLE:

SLIGHT

MODERATE

GREAT

Change in social activities

10

15

20

Change in sleeping habits

10

15

20

Change in residence

10

15

25

1. Change in social activities

10

15

20

2. Change in sleeping habits

10

15

20

3. Change in residence

10

15

20

4. Change in work hours

10

15

20

5. Change in church activities

15

20

25

6. Tension at work

15

20

25

7. Small children in the home

20

25

30

8. Change in living conditions

20

25

30

9. Outstanding personal achievement

20

25

30

10. Problem teenager(s) in the home

25

30

35

11. Trouble with in-laws

25

30

35

12. Difficulties with peer group

25

30

35

13. Son or daughter leaving home

25

30

35

14. Change in responsibilities at work

25

30

35

15. Taking over a major financial responsibility

25

30

35

16. Foreclosure of mortgage of loan	25	30	35
17. Change in relationship with spouse	25	30	35
18. Change to different line of work	30	35	40
19. Loss of a close friend	30	35	40
20. Gain of a new family member	30	35	40
21. Sex difficulties	35	40	45
22. Pregnancy	35	40	45
23. Change in health of family member	35	40	45
24. Retirement	40	45	50
25. Loss of job	40	45	50
26. Change in quality of religious faith	45	50	55
27. Marriage	45	50	55
28. Personal injury or illness	45	50	55
29. Loss of self confidence	45	50	55
30. Death of a close family member	55	60	65
31. Injury to reputation	50	60	70
32. Trouble with the law	50	60	70
33. Marital separation	50	60	70
34. Divorce	55	65	75
35. Death of spouse	65	75	85
36. Other (invalid in family; drug or alcohol problem, etc):)	80	100	230
37. Other: _____ _____			

Total of three columns

SCORING SYSTEM: _____

- (1) Greater than 300, highly significant life stress
- (2) 200-300, significant life stress
- (3) 150-200, moderate life stress
- (4) Less than 150, low life stress