

STRESSOR

LIFE CHANGES OF TEENAGERS

DIRECTIONS: TO GET AN IDEA OF HOW YOUR LIFE HAS CHANGED IN THE LAST YEAR, ADD UP THE LIFE-CHANGE UNITS FOR THE CHANGES YOU EXPERIENCED DURING THE PAST 12 MONTHS. COMPARE YOUR TOTAL SCORE WITH THE KEY

LIFE EVENT	LIFE CHANGE UNITS
GETTING MARRIED	101
BEING PREGNANT AND UNMARRIED	92
EXPERIENCING THE DEATH OF A PARENT	87
ACQUIRING A PHYSICAL DEFORMITY	81
GOING THROUGH A PARENT'S DIVORCE	77
BECOMING AN UNMARRIED FATHER	77
BECOMING INVOLVED WITH DRUGS OR ALCOHOL	76
HAVING A PARENT GO TO JAIL FOR A YEAR OR MORE	75
GOING THROUGH A PARENTS' SEPARATION	69
EXPERIENCING THE DEATH OF A BROTHER OR SISTER	68
EXPERIENCING THE CHANGE IN ACCEPTANCE BY PEERS	67
HAVING AN UNMARRIED PREGNANT TEENAGE SISTER	64
HAVING A PARENT REMARRY	63
EXPERIENCING THE DEATH OF A CLOSE FRIEND	62
HAVING A VISIBLE CONGENITAL DEFORMITY	62
HAVING AN ILLNESS THAT REQUIRES HOSPITALIZATION	58
MOVING TO A NEW SCHOOL DISTRICT	56
FAILING A GRADE IN SCHOOL	56
NOT MAKING AN EXTRACURRICULAR ACTIVITY	55

EXPERIENCING THE SERIOUS ILLNESS OF A PARENT	55
BREAKING UP WITH A BOYFRIEND OR GIRLFRIEND	53
HAVING A PARENT GO TO JAIL FOR 30 OR FEWER DAYS	53
BEGINNING TO DATE	51
BEING SUSPENDED FROM SCHOOL	50
HAVING A NEWBORN BROTHER OR SISTER	50
HAVING MORE ARGUMENTS WITH PARENT	47
HAVING AN OUTSTANDING PERSONAL ACHIEVEMENT	46
SEEING AN INCREASE IN ARGUMENTS BETWEEN PARENTS	46
HAVING A PARENT LOSE HIS OR HER JOB	46
EXPERIENCING A CHANGE IN PARENTS FINANCIAL STATUS	45
BEING ACCEPTED TO THE COLLEGE OF YOUR CHOICE	43
BEING A SENIOR IN HIGH SCHOOL	41
EXPERIENCING THE SERIOUS ILLNESS OF A BROTHER OR SISTER	41
EXPERIENCING AN INCREASE IN THE ABSENCE FROM HOME OF MOTHER OR FATHER DUE TO A CHANGE IN OCCUPATION	38
THE DEPARTURE FROM HOME OF A BROTHER OR SISTER	37
EXPERIENCING THE DEATH OF A GRANDPARENT	36
HAVING A THIRD ADULT ADDED TO THE FAMILY	34
BECOMING A FULL-FLEDGED MEMBER OF A RELIGION	31
SEEING A DECREASE IN THE ARGUMENTS BETWEEN PARENTS	27
HAVING FEWER ARGUMENTS WITH PARENTS	26
HAVING A MOTHER WHO BEGINS TO WORK OUTSIDE THE HOME	26

HOW TO UNDERSTANDING YOUR STRESS TEST RESULTS

150 OR LESS MEANS YOUR LIFE HAS CHANGED LITTLE

150 - 300 MEANS YOU HAVE EXPERIENCED MODERATE CHANGE

300 MEANS YOUR LIFE HAS CHANGED SIGNIFICANTLY.

300 OR MORE