

Please check all of the following life events that you have experienced in the past month.

1. Death of a significant other
2. Separation from mate
3. Detention in jail or other institution
4. Death of a close family member
5. Major personal injury or illness
6. Marriage
7. Being fired at work
8. Reconciliation with mate
9. Major change in the health or behavior of a family member
10. Pregnancy
11. Sexual difficulties
12. Gaining a new family member (e.g., through birth, adoption, oldster moving in, etc.)
13. Major change in financial state (e.g., a lot worse off or a lot better off than usual)
14. Death of a close friend
15. Changing to a different line of work
16. Major change in the number of arguments with significant other (either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)
17. Taking out a mortgage or loan for a major purchase (e.g., for a home, business, etc.)
18. Foreclosure on a mortgage or loan
19. Major change in responsibilities at work (e.g., promotion, demotion, lateral transfer)
20. Trouble with in-laws
21. Outstanding personal achievement
22. Significant other beginning or ceasing work outside home
23. Beginning or ceasing formal schooling
24. Major change in living conditions (e.g., building a new home, remodeling, deterioration of home or neighborhood)
25. Revision of personal habits (dress, manners, associations, etc.)
26. Trouble with boss
27. Major change in working hours or conditions
28. Change in residence
29. Changing to a new school
30. Major change in usual type and/or amount of recreation
31. Major change in church activities (e.g., a lot more or a lot less than usual)
32. Major change in social activities (e.g., clubs, dancing, movies, visiting, etc.)
33. Taking out a mortgage or loan for a lesser purpose (e.g., for a car, television, freezer, etc.)
34. Major change in sleeping habits (a lot more or a lot less sleep, or change in part of day when asleep)
35. Major change in number of family get-togethers (e.g., a lot more or a lot less than usual)
36. Major change in eating habits (a lot more or a lot less food intake, or very different meal hours or surroundings)
37. Vacation
38. Christmas
39. Minor violations of the law (e.g., traffic tickets, jaywalking, disturbing the peace, etc.)
40. Fight with a roommate
41. Midterms or finals or other major tests
42. Being homesick
43. Feeling lonely
44. Doing poorly in school