

BOX 6.1: THE LIFE-EVENTS QUESTIONNAIRE

This revised life-events questionnaire is adapted from Holmes and Rahe's list and will help you to identify whether you have been affected by events in your life over the past year, since it allows you to make your own rating of how stressful you have found the event.

This is a list of commonly experienced life events. Read though each one carefully and indicate by ticking the 'Yes' box if the event has taken place in the past year. Next, rate how stressful you found the event using the following scale, with 0 = not at all stressful and 10 = extremely stressful, could not have been worse.

Life event	Yes	Stress rating
1. Financial difficulties		0 1 2 3 4 5 6 7 8 9 10
2. Pregnancy (either self or partner)		0 1 2 3 4 5 6 7 8 9 10
3. Divorce		0 1 2 3 4 5 6 7 8 9 10
4. Separation from husband/wife/partner		0 1 2 3 4 5 6 7 8 9 10
5. Marital/partner problems		0 1 2 3 4 5 6 7 8 9 10
6. Marriage or civil partnership		0 1 2 3 4 5 6 7 8 9 10

7. Retirement		0 1 2 3 4 5 6 7 8 9 10
8. Unemployment		0 1 2 3 4 5 6 7 8 9 10
9. Losing your job (dismissal, redundancy)		0 1 2 3 4 5 6 7 8 9 10
10. Minor violations of the law (parking ticket, speeding ticket, petty theft)		0 1 2 3 4 5 6 7 8 9 10
11. Sexual problems		0 1 2 3 4 5 6 7 8 9 10
12. Suffering from a serious physical health problem or injury (long-term medical conditions)		0 1 2 3 4 5 6 7 8 9 10
13. Caring for a loved one with a long-term health problem		0 1 2 3 4 5 6 7 8 9 10
14. Illness in a family member		0 1 2 3 4 5 6 7 8 9 10
15. Imprisonment or probation		0 1 2 3 4 5 6 7 8 9 10
16. Ending of a relationship (self and partner)		0 1 2 3 4 5 6 7 8 9 10
17. Puberty (physical, emotional and psychological changes)		0 1 2 3 4 5 6 7 8 9 10
18. Engagement/ commitment to civil partnership		0 1 2 3 4 5 6 7 8 9 10

19. Broken engagement/ commitment to civil partnership		0 1 2 3 4 5 6 7 8 9 10
20. Getting back together with a partner		0 1 2 3 4 5 6 7 8 9 10
21. Working more than 37.5 hours a week (on a regular basis)		0 1 2 3 4 5 6 7 8 9 10
22. Moving house (buying or renting)		0 1 2 3 4 5 6 7 8 9 10
23. Major changes in financial status		0 1 2 3 4 5 6 7 8 9 10
24. Problems with friends/ social circle		0 1 2 3 4 5 6 7 8 9 10
25. Death of someone close to you		0 1 2 3 4 5 6 7 8 9 10
26. Problems with relatives		0 1 2 3 4 5 6 7 8 9 10
27. Work-related problems		0 1 2 3 4 5 6 7 8 9 10
28. New family member (through birth, surrogate, adoption, stepchildren/ blended family, parent(s) moving in)		0 1 2 3 4 5 6 7 8 9 10
29. An important personal achievement		0 1 2 3 4 5 6 7 8 9 10
30. Child started nursery, school, left home		0 1 2 3 4 5 6 7 8 9 10
31. Increased mortgage or rent, taking on a major loan		0 1 2 3 4 5 6 7 8 9 10

32. Change of job		0 1 2 3 4 5 6 7 8 9 10
33. Difficult relationship with a significant other		0 1 2 3 4 5 6 7 8 9 10
34. Change in responsibilities at work (increase or decrease)		0 1 2 3 4 5 6 7 8 9 10
35. Going into debt		0 1 2 3 4 5 6 7 8 9 10
36. Legal problem		0 1 2 3 4 5 6 7 8 9 10
37. Going on holiday		0 1 2 3 4 5 6 7 8 9 10
38. Christmas		0 1 2 3 4 5 6 7 8 9 10
39. Major changes in religious activity		0 1 2 3 4 5 6 7 8 9 10
40. Other life events? List any other significant life events that are not included		0 1 2 3 4 5 6 7 8 9 10

Now add up your total score Total score =