Listed below are a number of events that sometimes bring about change in the lives of those who experience them and which necessitate social readjustment. Please check those events which you have experienced in the recent past and indicate the time period during which you have experienced each event. Be sure that all check marks are directly across from the items they correspond to.

Also, for each item checked below, please indicate the extent to which you viewed the event as having either a positive or negative impact on your life at the time the event occurred. That is, indicate the type and extent of impact that the event had. A rating of -3 would indicate an extremely negative impact. A rating of 0 suggests no impact either positive or negative. A rating of +3 would indicate an extremely positive impact.




| Event happen in past year? |  |  | If Yes... |  | If Yes... |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No | YES | $\begin{aligned} & 0 \text { to } 6 \\ & \text { months } \end{aligned}$ | 7 months to 1 year | Extremely Negative | Moderately negative | Some nega |  | No Impact | Slightly positive | Moderately positive | Extremely Positive |
| g. spouse | - 2 | [1 | [ 1 | $\square 2$ | [-3 | [-2 | [ -1 | $\square$ | 0 | [ +1 | ] +2 | $\square+3$ |
| h. other (specify: $\qquad$ | - 2 | [1 | $\square 1$ | $\square 2$ | [-3 | [-2 | [ -1 | $\square$ | 0 | $\square+1$ | $\square+2$ | $\square+3$ |
| 16. Sexual difficulties | $\square 2$ | [1 | - 1 | $\square 2$ | [-3 | [-2 | [ -1 | $\square$ | 0 | $\square+1$ | $\square+2$ | $\square+3$ |
| 17. Trouble with employer (in danger of losing job, being suspended, demoted, etc.) | - 2 | [1 | [ 1 | - 2 | [-3 | [-2 | [ -1 | $\square$ | 0 | $\square+1$ | $\square+2$ | $\square+3$ |
| 18. Trouble with in-laws | - 2 | [1 | - 1 | $\square 2$ | [-3 | [-2 | [ -1 | $\square$ | 0 | [ +1 | [ +2 | $\square+3$ |
| 19. Major change in financial status (a lot better off or a lot worse off) | $\square 2$ | [1 | $\square 1$ | $\square 2$ | - -3 | [-2 | [ -1 |  | 0 | $\square+1$ | $\square+2$ | $\square+3$ |
| 20. Major change in closeness of family members (increased or decreased closeness) | $\square 2$ | [1 | $\square 1$ | $\square 2$ | [-3 | - -2 | [ -1 |  | 0 | $\square+1$ | $\square+2$ | $\square+3$ |
| 21. Gaining a new family member (through birth, adoption, family member moving in, etc.) | - 2 | [1 | $\square 1$ | $\square 2$ | [-3 | [-2 | [ -1 |  |  | $\square+1$ | $\square+2$ | $\square+3$ |
| 22. Change of residence | - 2 | [1 | - 1 | $\square 2$ | [-3 | [-2 | -1 | $\square$ | 0 | [ +1 | - +2 | $\square+3$ |


| Event happen in past year? |  |  |  | If Yes... |  |  | If Yes... |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | NO | YES | $\begin{aligned} & 0 \text { to } 6 \\ & \text { months } \end{aligned}$ | $\begin{gathered} 7 \\ \text { months } \\ \text { to } 1 \\ \text { year } \\ \hline \end{gathered}$ | Extremely Negative | Moderately negative |  | omewhat negative |  | No Impact | Slightly positive | Moderately positive | Extremely Positive |
|  | Marital separation from mate (due to conflict) | $\square 2$ | $\square 1$ | $\square 1$ | 口 2 | $\square$-3 | [-2 | $\square$ | -1 | $\square$ | 0 | $\square+1$ | ] +2 | $\square+3$ |
| 24 | Major change in church activities (increased or decreased attendance) | $\square 2$ | $\square 1$ | $\square 1$ | 口 2 | $\square$-3 | - -2 | $\square$ | -1 | $\square$ | 0 | $\square+1$ | ] +2 | $\square+3$ |
| 25 | Marital reconciliation with mate | $\square 2$ | $\square 1$ | - 1 | $\square 2$ | $\square$-3 | [-2 | $\square$ | -1 | $\square$ | 0 | $\square+1$ | ] +2 | $\square+3$ |
| 26 | Major change in number of arguments with spouse (a lot more or a lot less arguments) | $\square 2$ | $\square 1$ | $\square 1$ | $\square 2$ | $\square$-3 | - -2 |  | [-1 |  | $\square 0$ | $\square+1$ | ] +2 | $\square+3$ |
|  | Married male: Change in wife's work outside the home (beginning work, ceasing work, changing to a new job, etc.) | $\square 2$ | $\square 1$ | $\square 1$ | $\square 2$ | $\square-3$ | ] -2 |  | [ -1 |  |  | [ +1 | ] +2 | $\square+3$ |
|  | Married female: Change in husband's work (loss of job, beginning new job, retirement, etc.) | $\square 2$ | $\square 1$ | $\square 1$ | $\square 2$ | [-3 | $\square$-2 |  | [-1 |  | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
|  | Major change in usual type and/or amount of recreation | $\square 2$ | $\square 1$ | $\square 1$ | $\square 2$ | [ -3 | ] -2 |  | [-1 |  | - 0 | [ +1 | ] +2 | $\square+3$ |


| Event happen in past year? |  | If Yes... |  |  |  | If Yes... |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | NO YES | 0 to 6 months | 7 <br> months <br> to 1 <br> year | Extremely Negative | Moderately negative | Somewhat negative | No Impact | Slightly positive | Moderately positive | Extremely Positive |
| 30. Borrowing more than $\$ 10,000$ (buying home, business, etc.) | $\square \quad \square \quad 1$ | $\square 1$ | $\square 2$ | $\square \quad-3$ | $\square \quad-2$ | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 31. Borrowing less than $\$ 10,000$ (buying car, TV, getting school loan, etc.) | $\square 2 \quad \square 1$ | $\square 1$ | $\square 2$ | $\square-3$ | $\square$-2 | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 32. Being fired from job | $\square \quad 2 \quad 1$ | $\square 1$ | $\square 2$ | $\square \quad-3$ | $\square \quad-2$ | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 33. Male: Wife/ girlfriend having abortion | $\square \quad 2 \quad 1$ | $\square 1$ | $\square 2$ | $\square \quad-3$ | $\square \quad-2$ | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 34. Female: Having abortion | $\square \quad \square \quad 1$ | $\square 1$ | $\square 2$ | $\square \quad-3$ | $\square \quad-2$ | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 35. Major personal illness or injury | $\square \quad \square \quad 1$ | $\square 1$ | $\square 2$ | $\square \quad-3$ | $\square \quad-2$ | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 36. Major change in social activities, e.g., parties, movies, visiting (increased or decreased participation) | $\square \quad \square \quad 1$ | $\square 1$ | $\square 2$ | $\square \quad-3$ | $\square$-2 | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 37. Major change in living conditions of family (building new home, remodeling, deterioration of home, neighborhood, etc.) | $1$ | $\square 1$ | $\square 2$ | $\square \quad-3$ | $\square \quad-2$ | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |


| Event happen in past year? |
| :--- |


| Event happen in past year? | If Yes... | If Yes... |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| NO YES | 0 to 6 <br> months 7 <br> months <br> to 1 <br> year | Extremely Negative | Moderately negative | Somewhat negative | No Impact | Slightly positive | Moderately positive | Extremely Positive |
| 48. $\quad \square 2 \square 1$ | $\square 1 \square 2$ | $\square-3$ | $\square$-2 | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 49. $\square \square 1$ | $\square 1 \square 2$ | $\square-3$ | $\square-2$ | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |
| 50. $\square$ 口 $2 \square 1$ | $\square 1 \square 2$ | $\square-3$ | $\square$-2 | $\square-1$ | $\square 0$ | $\square+1$ | $\square+2$ | $\square+3$ |

## Part 2. Students Only

| Event happen in past year? |  |  | If Yes... ${ }_{7}$ |  | If Yes... |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | NO | YES | $\begin{aligned} & 0 \text { to } 6 \\ & \text { months } \end{aligned}$ | $\begin{gathered} 7 \\ \text { months } \\ \text { to } 1 \\ \text { year } \\ \hline \end{gathered}$ | Extremely Negative | Moderately negative | Somewhat negative | No Impact | Slightly positive | Moderately positive | Extremely Positive |
| 51. Beginning a new school experience at a higher academic level (college, graduate school, professional school, etc. | $\square 2$ | -1 | - 1 | $\square 2$ | [ -3 | $\square-2$ | $\square-1$ | $\square 0$ | $\square+1$ | [ +2 | $\square+3$ |
| 52. Changing to a new school at same academic level (undergraduate, graduate, etc.) | $\square 2$ | -1 | $\square 1$ | $\square 2$ | [ -3 | [-2 | ] -1 | $\square 0$ | $\square+1$ | ] +2 | $\square+3$ |
| 53. Academic probation | $\square 2$ | [ 1 | [ 1 | $\square 2$ | [ -3 | - -2 | [-1 | $\square 0$ | $\square+1$ | [ +2 | $\square+3$ |
| 54. Being dismissed from a dormitory or other residence | $\square 2$ | -1 | $\square 1$ | $\square 2$ | [ -3 | $\square$-2 | $\square-1$ | $\square 0$ | $\square+1$ | ] +2 | $\square+3$ |
| 55. Failing an important exam | $\square 2$ | - 1 | $\square 1$ | - 2 | [ -3 | [-2 | [-1 | $\square 0$ | [ +1 | ] +2 | ] +3 |
| 56. Changing a major | $\square 2$ | [1 | $\square 1$ | $\square 2$ | [ -3 | - -2 | [-1 | $\square 0$ | [ +1 | ] +2 | $\square+3$ |
| 57. Failing a course | $\square 2$ | [ 1 | $\square 1$ | $\square 2$ | [ -3 | $\square-2$ | [-1 | $\square 0$ | $\square+1$ | [ +2 | $\square+3$ |
| 58. Dropping a course | $\square 2$ | - 1 | $\square 1$ | $\square 2$ | [ -3 | [-2 | [-1 | $\square 0$ | $\square+1$ | ] +2 | $\square+3$ |



