

# Stressful Life Events

Life Event	Stress Value
1. Death of spouse	100
2. Divorce	73
3. Marital separation	65
4. Detention/imprisonment	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Dismissal from work	47
9. Marital reconciliation	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Gaining a new family member	39
15. Major business readjustment, such as reorganization or bankruptcy	39
16. Major change in financial state—worse or better	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments with partner	35
20. Taking out a mortgage or loan for a major purchase	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work/school	29
23. Son or daughter leaving home, marrying, or attending college	29
24. Trouble with in-laws	29
25. Outstanding personal achievement	28
26. Partner beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living conditions	25
29. Change of personal habits such as dress or social circle	24
30. Trouble with boss	23
31. Major change in working hours or conditions	20
32. Change in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in religious activities	19
36. Major change in social activities such as time with friends	18
37. Taking out a mortgage or loan for a lesser purchase	17
38. Major change in sleeping habits	16
39. Major change in number of family get-togethers	15
40. Major change in eating habits	15
41. Vacation	13
42. End-of-year holidays	12
43. Minor violations of the law such as traffic tickets	11

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