

DISASTER & LIFE STRESS SCALE

Adapted for Screening following Hurricane Katrina

YOUR NAME _____ **Date** _____

This widely reprinted index lists **43 stressful life events** and the **value** of each in "stress units." **An additional 10 stressful life events have been added to include specific experiences surrounding Hurricane Katrina.**

Instructions: First, check the box for events that have happened to you **within the past 1-1 1/2 years**. After completing instruction two, then add up the number of "stress units" to acquire **Your Total Score**.

Second, use the blank lines between items to include your own life-stress events not identified here, and assign an appropriate number of points you determine appropriate by comparing it to the events ranked in the chart.

Notice: "positive" events (Outstanding personal achievement, Vacation, Christmas) can be as stressful as "negative" ones. Reflect on unlisted experiences in your life that generate stress, such as, estrangement from a child, running in a marathon, having an affair, buying a new car, starting an exercise program, beginning a weight loss plan, loss of or acquiring a pet, adopting a child, major travel trips, etc.

Holmes and Rahe, who developed the original Life Stress Scale, found in their research that: **A score of 150** for events occurring within the past year gives you a **50% chance of developing an illness [medical and/or mental]**; **A score of 300+** gives you a **90% chance**.

LIFE EVENT	YOUR VALUE SCORE	LIFE EVENT	YOUR VALUE SCORE
Death of spouse	100 _____	Son/daughter leaving home	29 _____
Divorce	73 _____	Trouble with in-laws	29 _____
Rescued from floodwaters	65 _____	_____	_____
Marital Separation	65 _____	Outstanding personal achievement	28 _____
Jail term	63 _____	Spouse begins or stops work	28 _____
_____	_____	_____	_____
Death of close family member	63 _____	Begin or end school	26 _____
Challenge of hurricane	60 _____	_____	_____
Personal injury or illness	53 _____	Change in living conditions	25 _____
Direct exposure->flood waters	50 _____	Loss of special pet	25 _____
Separation from child (x2,x3=)	50 _____	_____	_____
_____	_____	Revision of personal habits	24 _____
Becoming married	50 _____	Trouble with boss	23 _____
Fired from work	47 _____	_____	_____
Becoming unemployed	45 _____	Change in work hours or conditions	20 _____
Loss most personal properties	45 _____	Change in residence	20 _____
Marital reconciliation	45 _____	_____	_____
Retirement	45 _____	Change in schools	20 _____
_____	_____	Change in recreation	19 _____
Change in health of family member	44 _____	_____	_____
Pregnancy	40 _____	Change in church activities	19 _____
Work relief/recovery efforts	_____	Change in social activities	18 _____
Sexual Difficulties	39 _____	_____	_____
Gain of new family member	39 _____	Mortgage or loan less than #10,000	17 _____
_____	_____	Change in sleeping habits	16 _____
Business readjustment	39 _____	Acute/chronic sleep deprivation	15 _____
Change in financial state	38 _____	Change in number of family get-togethers	15 _____
_____	_____	Change in eating habits	15 _____
Death of close friend	37 _____	_____	_____
Change to different line of work	36 _____	Vacation	13 _____
Change in number of arguments with spouse	35 _____	Christmas	12 _____
Mortgage over \$10,000	31 _____	Minor violations of the law	11 _____
_____	_____		
Foreclosure of mortgage or loan	30 _____		
Evacuated from home area	30 _____		
Change in responsibilities at work	29 _____		

YOUR TOTAL SCORE

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