



Life Changes Stress Test

Life Changes Stress Test

During the 1940's and 1950's, social scientists researched how difficult it was for people to adjust to stress. The scientists assigned point values to a number of life crises to represent how hard people found it to recover from each of these events. (Even positive events ---marriage, major increase in income---can lead to a crisis. And high levels of stress can trigger physical and emotional illness.)

The following scale assigns a measurement called the Life Change Unit (LCU) to events that can cause stress. The higher a person's LCU total, the greater his or her risk of stress-related illness. Scores above 450 in a single year signal a significant risk of illness or accident for the person experiencing those events

Life Event	LCU
Health	
o An illness or injury that was:	
o Very Serious	74
o Moderately severe	44
o Less serious than above	20
Work	
o Change to a new type of work	51
o Change in your work conditions	35
o Change in your work responsibilities	41
o Taking courses to help you	18
o Troubles at work	32
o Major business readjustment	60
o Loss of your job	74
o Retirement	52
Home and Family	
o Change in residence	40
o Major change in living conditions	42
o Change in family get-togethers	25
o Major change in health or behavior of family member	55
o Marriage	50
o Pregnancy	67
o Miscarriage or abortion	65

o Birth (or adoption) of a child	66
o Spouse begins or stops work	46
o Change in arguments with spouse	50
o Problems with relatives or in-laws	38
o Parents divorce	59
o A parent remarries	50
o Separation from spouse due to work or marital difficulties	79
o Child leaves home	42
o Relative moves in with you	59
o Divorce	96
o Birth of a grandchild	43
o Death of a spouse	119
o Death of a child	123
o Death of parent or sibling	101
Personal and Social	
o Change in personal habits	26
o Beginning or ending school	38
o Change of school or college	35
o Change in political beliefs	24
o Change in religious beliefs	29
o Change in social activities	27
o Vacation	24
o New, close, personal relationship	37
o Engagement to marry	45
o Personal relationship problems	39
o Sexual difficulties	44
o An accident	48
o Minor violation of the law	20
o Being held in jail	75
o Major decision about your future	51
o Major personal achievement	36
o Death of a close friend	70
Financial	
o Major loss of income	60
o Major increase in income	38
o Loss/damage to personal property	43

<input type="radio"/> Major purchase	37
<input type="radio"/> Minor purchase	20
<input type="radio"/> Credit difficulties	56
	Total: Your Score