Stress Tests

Youth Life Event Stress Inventory

Listed below are 43 different life events. Place a check next to those events that have occurred in your child’s life during the past two years. The higher the number, the more stress exists in your child’s life.

___ Parent dies
___ Parents divorce
___ Parents separate
___ Close family member dies
___ Personal illness or injury
___ Parent remarries
___ Parent loses job
___ Parents reconcile
___ Mother goes to work
___ Change in health of a family member
___ Mother becomes pregnant
___ School difficulties
___ Birth of sibling
___ School readjustment (new teacher/class)
___ Change in family’s financial condition
___ Injury or illness of a close friend
___ Start new afterschool activity
___ Change in number of fights with siblings
___ Threats of violence at school
___ Theft of personal possessions
___ Changes in responsibilities at home
___ Trouble with grandparents
___ Outstanding personal achievement
___ Move to another city or part of town
___ Receive or lose a pet
___ Change in personal habit
___ Trouble with teacher
___ Change in child care
___ Change to new school
___ Change in friends
___ Change in sleeping habits
___ Change in number of family events
___ Change in eating habits
___ Punished for not “telling the truth”
___ Change in TV viewing
___ Birthday party