STRESS INVENTORY FOR CHILDREN

A parent has died 100
Parents have divorced 73
Parents have separated 65
Separation from parents 63
Death of a close family member 63
Major personal injury or illness 53
Remarriage of a parent - getting a new parent 50
A parent was fired 47
You were expelled from school 47
Parents got back together after separating 45
Parents stop working to stay at home 45
Parent returns to work 45
Major change in health of a family member 44
Major change in behavior of family member 44
Pregnancy of family member 40
Problems in school 39
Gaining a new family member (adoption, grandparent) 39
Major school change (teacher change, failing subject) 39
Family financial status changes dramatically 38
Death or serious illness of a close friend 37
A new activity begins (lots of time and energy) 36
Major change in number of arguments in family 35
Feeling threatened (bully, gang, fire) 31
Losing or being robbed of a valuable or possession 30
Major change in responsibilities at home 29
Brother or sister leaves home 29
Trouble with relatives other than siblings 29
Outstanding personal achievement or recognition 28
Major changes in living conditions 25
Personal habits change (new friends, clothing style) 24
Trouble with teacher 23
Major change in school schedule or teacher 20
Change in where you live (even the room) 20
Changing to a new school 20
Major change in usual type or amount of recreation 19
Major change in religious activities 19
Major change in school activities 18
Major change in sleep habits 16
Major change in family get-togethers 15
Major change in eating habits 15
Vacation 13
Christmas or birthday 12
Punished for doing wrong 11

TOTAL________________