

Life Events

Now, we'd like to know if certain events happened to you recently. Both good and bad events can cause stress, which has an impact on health.

Please fill in the circle next to each event that has happened to you during the past 12 months.

- | | | | |
|---------------------------|--|---------|-------------|
| <input type="radio"/> 1. | Death of spouse or partner | LIFE_1 | FMT_YES_NO. |
| <input type="radio"/> 2. | Divorce | LIFE_2 | FMT_YES_NO. |
| <input type="radio"/> 3. | Separation from spouse or partner | LIFE_3 | FMT_YES_NO. |
| <input type="radio"/> 4. | Detention in jail or other institution | LIFE_4 | FMT_YES_NO. |
| <input type="radio"/> 5. | Death of a close family member other than spouse or partner | LIFE_5 | FMT_YES_NO. |
| <input type="radio"/> 6. | Major personal injury or illness | LIFE_6 | FMT_YES_NO. |
| <input type="radio"/> 7. | Marriage or civil union | LIFE_7 | FMT_YES_NO. |
| <input type="radio"/> 8. | Being fired at work | LIFE_8 | FMT_YES_NO. |
| <input type="radio"/> 9. | Reconciliation with spouse or partner | LIFE_9 | FMT_YES_NO. |
| <input type="radio"/> 10. | Retirement from work | LIFE_10 | FMT_YES_NO. |
| <input type="radio"/> 11. | Major change in the health or behavior of a family member | LIFE_11 | FMT_YES_NO. |
| <input type="radio"/> 12. | Pregnancy | LIFE_12 | FMT_YES_NO. |
| <input type="radio"/> 13. | Sexual difficulties | LIFE_13 | FMT_YES_NO. |
| <input type="radio"/> 14. | Gaining a new family member (birth, adoption, older adult moving in, etc.) | LIFE_14 | FMT_YES_NO. |
| <input type="radio"/> 15. | Major business readjustment (merger, reorganization, bankruptcy, etc.) | LIFE_15 | FMT_YES_NO. |
| <input type="radio"/> 16. | Major change in financial state (a lot worse or better off than usual) | LIFE_16 | FMT_YES_NO. |
| <input type="radio"/> 17. | Death of a close friend | LIFE_17 | FMT_YES_NO. |
| <input type="radio"/> 18. | Changing to a different line of work | LIFE_18 | FMT_YES_NO. |
| <input type="radio"/> 19. | Major change in number of arguments with spouse or partner (either a lot more or a lot less, regarding child rearing, personal habits, etc.) | LIFE_19 | FMT_YES_NO. |
| <input type="radio"/> 20. | Taking on a mortgage (for home, business, etc.) | LIFE_20 | FMT_YES_NO. |



Please fill in the circle next to each event that has happened to you during the past 12 months.

- 21. Foreclosure on a mortgage or loan LIFE_21 FMT_YES_NO.
- 22. Major change in responsibilities at work (promotion, demotion, etc.) LIFE_22 FMT_YES_NO.
- 23. Son or daughter leaving home (marriage, attending college, joined military, etc.) LIFE_23
FMT_YES_NO.
- 24. In-law troubles LIFE_24 FMT_YES_NO.
- 25. Outstanding personal achievement LIFE_25 FMT_YES_NO.
- 26. Spouse beginning or ceasing work outside the home LIFE_26 FMT_YES_NO.
- 27. Beginning or ceasing formal schooling LIFE_27 FMT_YES_NO.
- 28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home, etc.) LIFE_28 FMT_YES_NO.
- 29. Revision of personal habits (dress, manners, associations, quitting smoking, etc.) LIFE_29
FMT_YES_NO.
- 30. Troubles with the boss LIFE_30 FMT_YES_NO.
- 31. Major changes in working hours or conditions LIFE_31 FMT_YES_NO.
- 32. Change in residence LIFE_32 FMT_YES_NO.
- 33. Changing to a new school LIFE_33 FMT_YES_NO.
- 34. Major change in usual type or amount of recreation LIFE_34 FMT_YES_NO.
- 35. Major change in church activity (a lot more or less than usual) LIFE_35 FMT_YES_NO.
- 36. Major change in social activities (clubs, movies, visiting, etc.) LIFE_36 FMT_YES_NO.
- 37. Taking on a loan (car, school, personal, etc.) LIFE_37 FMT_YES_NO.
- 38. Major change in sleeping habits (a lot more or a lot less than usual) LIFE_38 FMT_YES_NO.
- 39. Major change in number of family get togethers LIFE_39 FMT_YES_NO.
- 40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings) LIFE_40 FMT_YES_NO.
- 41. Vacation LIFE_41 FMT_YES_NO.
- 42. Major holiday spent alone LIFE_42 FMT_YES_NO.
- 43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.) LIFE_43
FMT_YES_NO.

OR

- None of these events happened to me in the past 12 months LIFE_44 FMT_YES_NO.
- Don't know LIFE_45 FMT_YES_NO.

