

## 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.

