

## Section C: Life Events

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

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

Occurred in your  
life in the past  
12 months



- |  |            |            |
|--|------------|------------|
| <input type="radio"/> 1. Death of spouse or partner  | QC_LIFE_1  | FMT_YES_NO |
| <input type="radio"/> 2. Divorce   | QC_LIFE_2  | FMT_YES_NO |
| <input type="radio"/> 3. Separation from spouse or partner   | QC_LIFE_3  | FMT_YES_NO |
| <input type="radio"/> 4. Detention in jail or other institution                                      | QC_LIFE_4  | FMT_YES_NO |
| <input type="radio"/> 5. Death of a close family member other than spouse or partner                 | QC_LIFE_5  | FMT_YES_NO |
| <input type="radio"/> 6. Major personal injury or illness  | QC_LIFE_6  | FMT_YES_NO |
| <input type="radio"/> 7. Marriage or civil union   | QC_LIFE_7  | FMT_YES_NO |
| <input type="radio"/> 8. Being fired at work   | QC_LIFE_8  | FMT_YES_NO |
| <input type="radio"/> 9. Reconciliation with spouse or partner                                       | QC_LIFE_9  | FMT_YES_NO |
| <input type="radio"/> 10. Retirement from work   | QC_LIFE_10 | FMT_YES_NO |
| <input type="radio"/> 11. Major change in the health or behavior of a family member                  | QC_LIFE_11 | FMT_YES_NO |
| <input type="radio"/> 12. Pregnancy  | QC_LIFE_12 | FMT_YES_NO |
| <input type="radio"/> 13. Sexual difficulties  | QC_LIFE_13 | FMT_YES_NO |
| <input type="radio"/> 14. Gaining a new family member (birth, adoption, older adult moving in, etc.) | QC_LIFE_14 | FMT_YES_NO |
| <input type="radio"/> 15. Major business readjustment (merger, reorganization, bankruptcy, etc.)     | QC_LIFE_15 | FMT_YES_NO |
| <input type="radio"/> 16. Major change in financial state (a lot worse or better off than usual)     | QC_LIFE_16 | FMT_YES_NO |

**Occurred in your  
life in the past  
12 months**



- |   |            |            |
|---|------------|------------|
| <input type="radio"/> 17. Death of a close friend   | QC_LIFE_17 | FMT_YES_NO |
| <input type="radio"/> 18. Changing to a different line of work  | QC_LIFE_18 | FMT_YES_NO |
| <input type="radio"/> 19. Major change in the number of arguments with spouse or partner(either a lot more or a lot less than usual regarding child rearing, personal habits, etc.) | QC_LIFE_19 | FMT_YES_NO |
| <input type="radio"/> 20. Taking on a mortgage (for home, business, etc.)   | QC_LIFE_20 | FMT_YES_NO |
| <input type="radio"/> 21. Foreclosure on a mortgage or loan   | QC_LIFE_21 | FMT_YES_NO |
| <input type="radio"/> 22. Major change in responsibilities at work (promotion, demotion, etc.)  | QC_LIFE_22 | FMT_YES_NO |
| <input type="radio"/> 23. Son or daughter leaving home (marriage, attending college, joined military, etc.)   | QC_LIFE_23 | FMT_YES_NO |
| <input type="radio"/> 24. In-law troubles   | QC_LIFE_24 | FMT_YES_NO |
| <input type="radio"/> 25. Outstanding personal achievement  | QC_LIFE_25 | FMT_YES_NO |
| <input type="radio"/> 26. Spouse beginning or ceasing work outside the home   | QC_LIFE_26 | FMT_YES_NO |
| <input type="radio"/> 27. Beginning or ceasing formal schooling   | QC_LIFE_27 | FMT_YES_NO |
| <input type="radio"/> 28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home, etc.)  | QC_LIFE_28 | FMT_YES_NO |
| <input type="radio"/> 29. Revision of personal habits (dress, manners, associations, quitting smoking, etc.)  | QC_LIFE_29 | FMT_YES_NO |
| <input type="radio"/> 30. Troubles with the boss  | QC_LIFE_30 | FMT_YES_NO |
| <input type="radio"/> 31. Major changes in working hours or conditions  | QC_LIFE_31 | FMT_YES_NO |
| <input type="radio"/> 32. Change in residence   | QC_LIFE_32 | FMT_YES_NO |
| <input type="radio"/> 33. Changing to a new school  | QC_LIFE_33 | FMT_YES_NO |

**Occurred in your  
life in the past  
12 months**



- 34. Major change in usual type and or amount of recreation**  
QC\_LIFE\_34 FMT\_YES\_NO
- 35. Major change in church activity (a lot more or less than usual)**  
QC\_LIFE\_35 FMT\_YES\_NO
- 36. Major change in social activities (clubs, movies, visiting, etc.)**  
QC\_LIFE\_36 FMT\_YES\_NO
- 37. Taking on a loan (car, school, personal, etc.)**  
QC\_LIFE\_37 FMT\_YES\_NO
- 38. Major change in sleeping habits (a lot more or a lot less than usual)**  
QC\_LIFE\_38 FMT\_YES\_NO
- 39. Major change in number of family get-togethers**  
QC\_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)**  
QC\_LIFE\_40 FMT\_YES\_NO
- 41. Vacation**  
QC\_LIFE\_41 FMT\_YES\_NO
- 42. Major holiday spent alone**  
QC\_LIFE\_42 FMT\_YES\_NO
- 43. Minor violations of the law (traffic tickets, jaywalking, disturbing  
the peace, etc.)**  
QC\_LIFE\_43 FMT\_YES\_NO
- None of these events happened in the past 12 months**  
QC\_LIFE\_44 FMT\_YES\_NO
- Don't know**  
QC\_LIFE\_45 FMT\_YES\_NO