

SOURCES OF STRESS IN CHILDREN

Stress or change	Value	Score
Parent dies	100	
Parents divorce	73	
Parents separate	65	
Separation from parent (placement in foster home, termination of parental rights by authorities, child raised by relatives)	65	
Parent travels for work	63	
Close family member dies	63	
Personal injury, abuse, or illness	53	
Parent remarries	50	
Parent loses job	47	
Separated parents reconcile	45	
Mother starts job outside of home	45	
Change in health of a family member	44	
Mother becomes pregnant	40	
School difficulties	39	
Birth of a sibling	39	
School readjustment (new teacher or class)	39	
Change in family's financial condition	38	
Injury or illness of a close friend	37	
Starts or changes extracurricular activity (e.g., music lessons, sport)	36	
Change in number of fights with sibling(s)	35	
Exposed to violence at school	31	
Theft of personal possessions	30	
Change in responsibility at home	29	
Older sibling leaves home	29	
Trouble with grandparents	29	
Outstanding personal achievement	28	
Move to another city	26	
Move to another part of town	26	
New pet or loss of pet	25	
Change in personal habits	24	
Trouble with teacher	24	
Change in time with baby-sitter or at day care	20	
Move to new house	20	
Change to new school	20	
Change in play habits	19	
Vacation with family	19	
Change in friends	18	
Attending summer camp	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Change in amount of television viewing	13	
Birthday party	12	
Punishment for "not telling the truth"	11	
Child's total score		

Scoring: Add up all the points for stresses or changes that have occurred during the past year. A score below 150 represents an average stress level. A score between 150 and 300 indicates an above-average stress level. A score above 300 indicates a strong likelihood of health or behavior problems, if no help is provided.