

Student Stress Scale

Instructions

The Student Stress Scale is scored by adding the points listed for the checked life events. Insel and Roth suggest the following interpretations. Scores of 300 and higher indicate a relatively high health risk; scores of 150 to 299 indicate a 50/50 chance of serious health problems within two years. What stress management skills that you have studied could you apply to the results of this scale? E-mail your response to me.

Instructions: Check those events you have experienced in the past six months or are likely to experience in the next six months.

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| 1. Death of a close family member _____ 100 | 17. Increased workload _____ 37 |
| 2. Death of a close friend _____ 73 | 18. Outstanding personal achievement _____ 36 |
| 3. Divorce between parents _____ 65 | 19. First quarter/semester in college _____ 35 |
| 4. Jail Term _____ 63 | 20. Change in living conditions _____ 31 |
| 5. Major personal injury or illness _____ 63 | 21. Serious argument with instructor _____ 30 |
| 6. Marriage _____ 58 | 22. Lower grades than expected _____ 29 |
| 7. Fired from job _____ 50 | 23. Change in sleeping habits _____ 29 |
| 8. Failed important course _____ 47 | 24. Change in social activities _____ 29 |
| 9. Change in health of a family member _____ 45 | 25. Change in eating habits _____ 28 |
| 10. Pregnancy _____ 45 | 26. Chronic car trouble _____ 26 |
| 11. Sex problems _____ 44 | 27. Change in no. of family get-togethers _____ 26 |
| 12. Serious argument with a close friend _____ 40 | 28. Too many missed classes _____ 25 |
| 13. Change in financial status _____ 39 | 29. Change of college _____ 24 |
| 14. Change of Major _____ 39 | 30. Dropped more than one class _____ 23 |
| 15. Trouble with parents _____ 39 | 31. Minor traffic violations _____ 20 |
| 16. New girl or boy friend _____ 38 | TOTAL _____ |
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Reference

- DeMeuse, K. (1985). The relationship between life events and indices of class room performance. *Teaching of Psychology*, 12, 146-149.
- Holmes, T.H., & Rahe, R.H. (1967). The social readjustment rating scale. *Journal of Psychosomatic Research*, 11, 213-218.
- Insel, P., & Roth, W. (1985). *Core concepts in health* (4th edition). Palo Alto, CA: Mayfield Publishing Co.