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.

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

TOTAL __________________________

Reference