

A STRESS TEST FOR CHILDREN

Children are stressed by a wide variety of reasons—some positive, others negative. The following scale gives an estimate of the impact of various changes in a child's life *within the past year*.

Directions:

1. Enter number of points by each item that occurs in a child's life.
 - a. If item occurs twice, double the score.
 - b. Change point value if better reflects child's stress level.
 - c. Add items that are missing from this list.
2. Add up the total points for all of the items.
3. Score
 - a. Below 150 points: less than average amount of stress
 - b. 151-300 points: may show some symptoms of stress
 - c. Above 300 points: strong likelihood he or she will experience a serious change in health and/or behavior.

<u>Stress</u>	<u>Points</u>	<u>Child's Score</u>
Parent dies	100	_____
Parents divorce	73	_____
Parent goes to jail	73	_____
Child moves in and out of foster care system	73	_____
Parents separate	65	_____
Psychiatric disorder of a parent	65	_____
Close family member dies	63	_____
Parents reduced ability to function due to health problem such as, advanced cancer, MS, alcohol or drug use	55	_____
Personal illness or injury that requires extended hospitalization.	53	_____

<u>Stress</u>	<u>Points</u>	<u>Score</u>
Parent remarries	50	_____
Parent loses job	47	_____
Boyfriend/girlfriend moves in or out	45	_____
Financial problems	45	_____
Change in health of a family member	44	_____
Crowded living conditions (in the United States)	39	_____
School difficulties—gets in trouble often	39	_____
Birth of a sibling	39	_____
School readjustment (new teacher or class)	39	_____
Gets yelled at a lot	39	_____
Mother becomes pregnant	36	_____
Born premature (less than 5 lbs)	30	_____
Family member moves in or out	29	_____
Trouble with grandparents	29	_____
Receives or loses a pet	25	_____
Move to a new house	20	_____
Changes to a new school/child care program	20	_____
Changes sleeping habits	18	_____
Born a male	15	_____
Gets immunizations	13	_____
Christmas activities	10	_____
TOTAL		_____