

## A STRESS TEST FOR CHILDREN

The following scale gives an estimate of the impact of various changes that might occur in a child's life. Circle and add up the total points for all of the items your child has experienced in the last year.

0 – 150	Average with respect to stress load
150 – 300	Better than average chance of showing some stress related symptoms
300 - over	A strong likelihood of experiencing a serious change in health and/or behavior

<b>STRESSORS</b>	<b>STRESS UNITS</b>
Parent dies	100
Parents divorce	73
Parents separate	65
Parent travels as part of job	63
Close family member dies	63
Personal illness or injury	53
Parent remarries	50
Parent fired from job	47
Parents reconcile	45
Mother goes to work	45
Change in health of a family member	44
Mother becomes pregnant	40
School difficulties	39
Birth of sibling	39
School readjustment (new teacher or class)	39
Change in families' financial condition	38
Injury or illness of a close friend	37
Starts a new (or changes) an extracurricular activity (music lessons, Brownies, and so forth)	36
Change in number of fights with siblings	35
Threatened by violence at school	31
Theft of personal possessions	30
Changes in responsibilities at home	29
Older brother or sister leaves home	29
Trouble with grandparents	29
Outstanding personal achievement	28
Move to another city	26
Move to another part of town	26
Receives or loses a pet	25
Changes personal habits	24
Trouble with teacher	24
Change in hours with baby sitter or at daycare	20
Move to a new house	20

**SOURCE: LAKEVIEW ASSOCIATES**

<b>STRESSORS</b>	<b>STRESS UNITS</b>
Changes to a new school	20
Changes play habits	19
Vacations with family	19
Changes friends	18
Attends summer camp	17
Changes sleeping habits	16
Change in number of family get-togethers	15
Changes eating habits	15
Changes amount of TV viewing	13
Birthday party	12
Punished for "not telling the truth"	11

Adapted from The Hurried Child, David Elkind, Addison-Wesley Publishing Company, 1981.

**SOURCE: LAKEVIEW ASSOCIATES**