

STRESS TEST FOR CHILDREN--KEY

1. **Parent dies--100 points**
2. **Parents divorce--73 points**
3. **Parents separate--65 points**
4. **Parents travel as part of job--63 points**
5. **Close family member dies--63 points**
6. **Undue pressure for grades and honors--63 points**
7. **Personal illness of injury--53 points**
8. **Parent remarries--50 points**
9. **Parent fired from job--47 points**
10. **Parents reconcile--45 points**
11. **Mother goes to work--45 points**
12. **Change in health of a family member--44 points**
13. **Mother becomes pregnant--40 points**
14. **School difficulties--39 points**
15. **Birth of a sibling--39 points**
16. **School readjustment (new teacher or class)--39 points**
17. **Changes in family's financial condition--38 points**
18. **Injury or illness of a close friend--37 points**
19. **Starts a new or changes an activity--36 points**
20. **Changes in number of fights with siblings--35 points**
21. **Threatened by violence at school--31 points**
22. **Theft of personal possessions--30 points**
23. **Changes in responsibilities at home--29 points**
24. **Older brother or sister leaves home--29 points**
25. **Trouble with grandparents--29 points**
26. **Outstanding personal achievement--28 points**
27. **Moved to another city or location--26 points**
28. **Moved to another part of town or city--26 points**
29. **Receives or loses a pet--25 points**
30. **Changes in personal habits--24 points**
31. **Trouble with teacher--24 points**
32. **Changing hours with babysitter or at day care center--20 points**
33. **Moves to new house--20 points**
34. **Changes to a new school--20 points**
35. **Changes play habits--19 points**
36. **Vacation with family --19 points**
37. **Changes friends--19 points**
38. **Attends summer school--17 points**
39. **Changes sleeping habits--16 points**
40. **Changes in family get-together--15 points**
41. **Changes eating habits--15 points**
42. **Changes in amount of TV viewing--13 points**
43. **Birthday party--13 points**
44. **Punished for not telling the truth--11 points**

With a score below 150, a child has a low stress level and is doing great.

With a score of 150-300, a child has higher than average stress and may show some symptoms of stress.

If the score is 300 or above, there is a strong likelihood your child is experiencing too much stress, which can cause behavior problems or health problems.

This stress test for children is adapted from
"The Hurried Child: Growing Up Too Fast Too Soon," by David Elkind.
Adapted by Stanley Wonderly.