STRESS TEST FOR CHILDREN

We've known for a long, long time that too much stress in our lives can cause behavior and health problems in both children and adults. A child's stress level can be charted by giving a score to the stress item that the child has recently experienced. The scale is an estimate of the impact of various changes in a child's life. Pretend that you are a child. Place a check next to each of the following experiences you have had this past year.

1. One of your parents dies.
2. Your parents get a divorce.
3. Your parents separate.
4. Your parents travel as part of their jobs.
5. A close family member dies.
6. You feel a lot of pressure for grades and honors.
7. You have a personal illness or injury.
8. Your parent remarries.
9. Your parent is fired from his/her job.
10. Your parents reconcile (get back together).
11. Your mother goes to work.
12. There is a change in the health of a family member.
13. Your mother becomes pregnant.
14. You have difficulties in school.
15. You get a new baby in your home.
16. You get a new teacher or class at school.
17. There are changes in your family's financial condition.
18. One of your close friends has an injury or illness.
19. You begin a new activity such as music lessons or scouts.
20. The number of fights you have with your siblings changes.
21. You are threatened by violence at school.
22. Some of your personal possessions are stolen.
23. Your responsibilities at home are changed.
24. Your older brother or sister leaves home.
25. You have trouble with your grandparents.
26. You receive an outstanding personal achievement.
27. You move to another city or location.
28. You move to another part of town or city.
29. You receive or lose a pet.
30. You change your personal habits.
31. You have trouble with your teacher.
32. The hours you spend with a babysitter or at day care center are changed.
33. You move to a new house.
34. You change schools.
35. You change your play habits.
36. You go on vacation with your family.
37. You have a change in friends.
38. You attend summer school.
39. You change sleeping habits.
40. There is a change in your family get-togethers.
41. Your eating habits change.
42. You change how much television you watch.
43. You have a birthday party.
44. You are punished for not telling the truth.

This stress test for children is adapted from
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