

Name _____ Hour _____

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.

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| _____ | 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
"The Hurried Child: Growing Up Too Fast Too Soon," by David Elkind.
Adapted by Stanley Wonderly