

# STRESSTEST

## SESSION I

By adding up the point values of events you've experienced in the past year, you can determine whether you are at increased risk of illness or serious depression.

Death of a spouse .....	100	Child leaving home .....	29
Divorce .....	73	Trouble with in-laws .....	29
Marital separation .....	65	Outstanding personal success .....	28
Deployment .....	65	Spouse begins or stops work.....	26
Jail term or confinement.....	63	Begin or end school.....	26
Death of a close family member .....	63	Change in living conditions.....	25
Personal illness or injury .....	63	Change in personal habits .....	24
Marriage .....	50	Trouble with boss .....	23
Fired from a job .....	47	Change in work hours or conditions ...	20
Marital reconciliation .....	45	Change in residence or relocation.....	20
Reunion .....	45	Change in schools .....	20
Retirement .....	45	Change in reaction .....	19
Health change in a family member ...	44	Change in church activities .....	19
Pregnancy .....	40	Change in social activities .....	18
Sexual difficulties .....	39	Mortgage or loan less than \$50,000 ...	17
Gain of a new family member .....	39	Change in sleep habits .....	16
Business readjustment .....	39	Change in the number of family members .....	16
Change in financial state .....	38	Gatherings .....	15
Death of a close friend .....	37	Change in eating habits .....	15
Career change .....	36	Vacation .....	13
More arguments with spouse .....	35	Christmas .....	12
Mortgage or loan more than \$50,000 ....	31	Minor violation of the law .....	11
Foreclosure .....	31		
Change in job responsibilities or promotion .....	29		

### Scoring

0-149	Mild life stress	30% chance of illness
150-299	Moderate life stress	50% chance of illness
300+	Major life stress	80% chance of illness

Little Creek  
462-7563

Newport News  
688-NAVY

Norfolk  
444-2102

Northwest  
421-8770

Oceana  
433-2912

Yorktown  
887-4606

WEBSITE: [www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil)



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