The following list contains events that can happen to almost anybody in their lives. Please look at each event and think carefully about if it has happened to you in the last six months. If a particular event did happen to you, fill in the box to the left of that event.

- Unemployment (of main earner in the family)
- Trouble with superiors at work
- New job in the same line of work
- New job in new line of work
- Change in hours or conditions in present job
- Promotion or change of responsibilities at work
- Retirement
- Moving House
- Purchasing own house (taking out mortgage)
- New neighbours
- Quarrel with neighbours
- Income increased substantially (25%)
- Income decreased substantially (25%)
- Getting into debt beyond means of repayment
- Going on holiday
- Conviction for minor violation (e.g. speeding or drunkenness)
- Jail sentence
- Involvement in physical fight
- Immediate family member starts drinking heavily
- Immediate family member attempts suicide
- Immediate family member sent to prison
- Death of immediate family member
- Death of close friend
- Immediate family member seriously ill
- Gaining of new close family member
- Problems related to alcohol or drugs
- Serious restriction of social life
- Period of homelessness (hostel or sleeping rough)
- Serious physical illness or injury requiring hospital treatment
- Prolonged ill health requiring treatment by own doctor
- Sudden and serious impairment of vision or hearing
- Unwanted pregnancy
- Miscarriage
- Abortion
- Sex difficulties
- Marriage
- Pregnancy (or of wife)
- Increase in number of arguments with spouse /partner
- Increase in arguments with other immediate family members
- Trouble with other relatives (e.g. In-laws)
- Son or daughter left home
- Children placed in care of others
- Trouble or behaviour problems in own children
- Death of spouse
- Divorce
- Marital separation
- Illicit sexual affair outside of relationship / marriage
- Break up of affair
- Infidelity of spouse / partner
- Marital /relationship reconciliation
- Spouse / partner begins or stops work
- Break up with steady boyfriend or girlfriend
- Problems related to sexual relationship
- Increase in number of family arguments (e.g. with parents)
- Break up of family
- I have read all of the above