

Coopers Life Stress inventory (Cooper, 1988)

Cooper's Life Stress Inventory can help measure life change and susceptibility to stress related illness. Place a (X) in the 'Yes' column for each event which has taken place in the last two years. Then circle a number on the scale which describes how upsetting the event was to you, e.g.. 10 for the death of a partner.

| EVENT | YES | SCALE | | | | | | | | | |
|--|-----|-------|---|---|---|---|---|---|---|---|----|
| Bought house | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Sold house | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Moved house | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Major house renovation | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Separation from loved one | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| End of relationship | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Got engaged | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Got married | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Marital problem | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Awaiting divorce | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Divorce | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Child started school/nursery | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Increased care for elderly or ill person | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Attacked or raped | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Problems with friends/neighbours | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Pet-related problems | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Problems with relatives | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Work-related problems | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Change in nature of work | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Threat of redundancy | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Changed job | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Made redundant | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Unemployed | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Retired | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Increased or new bank loan/mortgage | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Financial difficulty | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Insurance problem | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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|--|---|---|---|---|---|---|---|---|---|----|
| Legal problem | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Illness of close family or relative | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Illness of close family /friend in hospital | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Surgery of family member /friend | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Death of a partner | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Death of family member or relative | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Death of a close friend | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Emotional or physical illness of yourself | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Serious illness requiring your own hospitalisation | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Surgical operation on yourself | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Pregnancy | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Birth of a baby | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Birth of a grandchild | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Family member left home | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Difficult relationship with children | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Difficult relationship with parents | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Low stress

Medium

High Stress

1

50

100 +