

APPENDIX 3. RECENT LIFE CHANGES QUESTIONNAIRE (RLCQ)²³

To use the questionnaire, print this page. Choose a 6-month or a 1-year time span of events. Copy the number of Life Change Units (LCU) into the last column. Total the numbers in the last column for your score.

Health	LCU	My Score
An illness or injury that kept you in bed for more than a week or sent you to the hospital	74	
An illness or injury that was less serious than above	44	
Major dental work	26	
Major change in eating habits	27	
Major change in sleeping habits	26	
Major change in your usual type and/or amount of recreation	28	
Work	LCU	
Change to a new type of work	51	
Change in your work hours or conditions	35	
More work responsibilities	29	
Fewer work responsibilities	21	
A promotion	31	
A demotion	42	
A transfer	32	
Trouble with your boss	29	
Trouble with your coworkers	35	
Trouble with those you supervise	35	
Other work troubles	28	
Major business readjustment	60	
Retirement	52	
Laid off	68	
Fired	79	
Took a course to help your work	18	
Home and family	LCU	
Move within same city or town	25	
Move to different town, city, or state	47	
Major change in living conditions	42	
Change in family get-togethers	25	
Major change in health or behavior of a family member	55	
Marriage	50	
Pregnancy	67	
Miscarriage or abortion	65	
Birth of a child	66	
Adoption of a child	65	
Relative moves in with you	59	
Spouse begins or stops work	46	
Child leaves home to attend college or for marriage	41	
Child leaves home for other reasons	45	
Change in arguments with spouse	50	
Problems with relatives or in-laws	38	
Parents divorce	59	
A parent remarries	50	
Separation from spouse due to work	53	
Separation from spouse due to marital difficulties	79	
Divorce	96	
Birth of grandchild	43	
Death of spouse	119	
Death of child	123	
Death of parent	100	
Death of a brother or sister	102	

(continued)

Personal and social	LCU	My Score
Change in personal habits	26	
Beginning or ending school	38	
Change of school or college	35	
Change in political beliefs	24	
Change in religious beliefs	29	
Change in social activities	27	
Vacation	24	
New, close personal relationship	37	
Engagement to marry	45	
Girlfriend or boy friend problems	39	
Sexual difficulties	44	
An accident	48	
"Falling out" of a close personal relationship	47	
Minor violation of the law	20	
Being held in jail	75	
Major decision about immediate future	51	
Major personal achievement	36	
Death of a close personal friend	70	
Financial	LCU	
Major loss of income	60	
Major increase in income	38	
Investment and/or credit difficulties	56	
Loss/damage to personal property	43	
Major purchase	37	
Moderate purchase	20	
Foreclosure on mortgage or loan	58	
Scoring		
Total the scores in the last column.		
A 6-month score of 300 or more, or a year score of total of 500 or more, indicates high stress in your life.		
To track how stress may fluctuate throughout your life, use this questionnaire over 2 years at 6-month intervals.		

Source: Recent life changes questionnaire. Carolinas Health Care System 10-10-2005

