

Life Events List Scoring Instructions

The table below contains information on how to score the individual items comprising the Life Events List (LEL). Dimensions for life event scoring include whether the event happened to the respondent (self) or to a close other, and whether it was perceived as positive or negative. Unless otherwise indicated, events are included in the computations of *self-events*. Items to be included in the computation of *other-events* are indicated by *italicized font*. The self-other distinction is used only to examine whether events that are not specific to the self are associated with predicted outcomes.

Item/Scoring	Negative Event	Positive Event
1. Moved to a new residence		
If 1b = 4, 5, or 6	1	0
If 1b = 1, 2, or 3	0	1
2. Broke off an engagement to be married or ended an intimate relationship		
If 2a = 4, 5, or 6	1	0
If 2a = 1, 2, or 3	0	1
3. Got married		
If 3b = 4, 5, or 6	1	0
If 3b = 1, 2, or 3	0	1
4. Someone close died		
<i>Each indicated relationship is scored as a separate negative event</i>		
4a (spouse/intimate friend)	1	
4b (parent)	1	
4c (spouse's parent)	1	
4d (sibling)	1	
4e (child)	1	
4f (other relatives)	1	
4g (friend)	1	
4h (other)	1	
5. Got separated or divorced		
If 5b = 4, 5, or 6	1	0
If 5b = 1, 2, or 3	0	1
6. Broke up with a close friend		
If 6b = 4, 5, or 6	1	0
If 6b = 1, 2, or 3	0	1

Item/Scoring	Negative Event	Positive Event
7. An important relationship (e.g., spouse, close friend, boss, or family member) became significantly worse (excludes relationship referenced in item 6)		
<i>Each indicated relationship scored as a negative event</i>		
7a (boss)	1	
7b (spouse)	1	
7c (child)	1	
7d (parent)	1	
7e (other family member)	1	
8. Had or adopted a child		
If 8c = 4, 5, or 6	1	0
If 8c = 1, 2, or 3	0	1
9. Respondent, very close friend, or close family member had an accident that required emergency medical treatment		
<i>If self is endorsed, score item as self-event; if self is not endorsed, each indicated relationship is scored as a separate other-event</i>		
9a (self)	1	
9b (spouse/partner)	1	
9c (child)	1	
9d (parent)	1	
9e (spouse's parent)	1	
9f (sibling)	1	
9g (friend)	1	
9h (other)	1	
10. Respondent, very close friend, or close family member was hospitalized for a serious (life- threatening) illness		
<i>If self is endorsed, score item as self-event; if self is not endorsed, each indicated relationship is scored as a separate other-event</i>		
10a (self)	1	
10b (spouse/partner)	1	
10c (child)	1	
10d (parent)	1	
10e (spouse's parent)	1	
10f (sibling)	1	
10g (friend)	1	
10h (other)	1	

Item/Scoring	Negative Event	Positive Event
<i>The following items (11, 12, and 13) are sex-specific and presented differently for women and men. When the scale is scored, the items are combined into a single item that derives its value from the version of the question that matches the respondent's sex. All items are considered to be self-events.</i>		
11. (Women) Pregnancy		
If 11b = 4, 5, or 6	1	0
If 11b = 1, 2, or 3	0	1
11. (Men) Wife, partner or girlfriend was pregnant		
If 11b = 4, 5, or 6	1	0
If 11b = 1, 2, or 3	0	1
12. (Women) Abortion	1	
12. (Men) Wife, partner or girlfriend had an abortion	1	
13. (Women) Miscarriage or stillbirth	1	
13. (Men) Wife, partner or girlfriend had a miscarriage or stillbirth	1	
<i>The following items (14 – 17) can apply to the self, the spouse or partner (if applicable) or both. If the event did not involve the respondent directly, but did involve the spouse/partner score as other-event.</i>		
14. Respondent or spouse lost/changed jobs or was involuntarily unemployed		
If 14a = 1 or 14a = 3 score as self-event		
If 14a = 2 score as other-event		
If 14d = 4, 5, or 6	1	0
If 14d = 1, 2, or 3	0	1
15. Respondent or spouse suffered a significant business or investment loss	1	
If 15a = 1 or 15a = 3 score as self-event		
If 15a = 2 score as other-event		
16. Respondent or spouse had a serious problem or disappointment at school or in an educational course (university, training program, etc.)	1	
If 16a = 1 or 16a = 3 score as self-event		
If 16a = 2 score as other-event		
17. Respondent or spouse had significant success at work or in an educational course (university, training program)		1
If 17a = 1 or 17a = 3 score as self-event		
If 17a = 2 score as other-event		

Item/Scoring	Negative Event	Positive Event
18. Significant change in personal finances		
If 18a = 1	0	1
If 18a = 2	1	0
19. House was broken into and/or burgled	1	
20. Respondent, spouse or other close relative was assaulted or mugged		
<i>If self is endorsed, score item as self-event; if self is not endorsed, each indicated relationship is scored as a separate other-event</i>		
20a (self)	1	
20b (spouse/partner)	1	
20c (child)	1	
20d (parent)	1	
20e (spouse's parent)	1	
20f (sibling)	1	
21. Behavior of a family member was a significant problem		
<i>Each indicated relationship scored as a separate negative event</i>		
21a (spouse/partner)	1	
21b (child)	1	
21c (parent)	1	
21d (spouse's parent)	1	
21e (sibling)	1	
22. Respondent or spouse/partner had to appear in court as a defendant, a witness in a criminal case, or as a party to a suit		
If 22a = 1 or 22a = 3 score as self-event		
<i>If 22a = 2 score as other-event</i>		
If 22b = 4, 5, or 6	1	0
If 22b = 1, 2, or 3	0	1
23. A pet (animal) died, got lost, or had to be given away	1	

Item/Scoring	Negative Event	Positive Event
24.1. Optional event 1		
If 24.1a = 1 score as self-event		
<i>If 24.1a > 1 score as other event</i>		
If 24.1c = 4, 5, or 6	1	0
If 24.1c = 1, 2, or 3	0	1
24.2. Optional event 2		
If 24.2a = 1 score as self-event		
<i>If 24.2a > 1 score as other event</i>		
If 24.2c = 4, 5, or 6	1	0
If 24.2c = 1, 2, or 3	0	1
24.3. Optional event 3		
If 24.3a = 1 score as self-event		
<i>If 24.3a > 1 score as other event</i>		
If 24.3c = 4, 5, or 6	1	0
If 24.3c = 1, 2, or 3	0	1

Primary Variables That Can Be Derived from the Life Events List

Variable	Derivation	Range
Total negative self-events	Sum of all items scored as negative self-events (includes negative events that involve the self and another person)	0 – 41
Total positive self-events	Sum of all items scored as positive self-events (includes positive events that involve the self and another person)	0 – 14
Total negative other-events	Sum of all items scored as negative other-events (excludes events that involve both another person and the self)	0 – 26
Total self-events	Total negative self-events + total positive self-events	0 – 42
Total other events	Sum of all other-events scored as positive or negative (excludes events that involve both another person and the self)	0 – 27
Total negative events	Total negative self-events + total positive self-events	0 – 60
Total life events	Total self-events + total other-events	0 – 61