

## S1 Appendix 1

### Social Readjustment Rating Questionnaire

#### The Social Readjustment Rating Scale

1. Social readjustment includes the amount and duration of change in one's accustomed pattern of life resulting from various life events. Social readjustment measures the intensity and length of time necessary for you to adapt, *regardless of the desirability of this event*.

2. *Use all of your own experience*, as well as what you have learned to be the case for others, in judging the amount of adjustment required. You need not have experienced something yourself to have an opinion about the amount of adjustment it would take.

3. Suppose that marriage takes 50 units of adjustment. Compare each of the events below to marriage and think to yourself, "Would this event require more or less adjustment than marriage?", "Would the readjustment take longer or shorter to accomplish?" If you decide the readjustment is more intense and protracted, enter a *proportionately larger* number than 50 for the event. If you decide the event represents less and shorter readjustment than marriage then indicate how much less by providing a *proportionately smaller* number next to the event. If it is equal to marriage, enter the number 50 next to the event.

**Kindly use the above criteria to provide your chosen value for each of the events below relative to marriage, which is defined as 50.**

**Use any number between 0 - 100.**

## S1 Appendix 1

	<b>Life Event</b>	<b>Rating</b>
1	Troubles with the boss	_____
2	Detention in jail or other institution	_____
3	Death of a spouse or life partner	_____
4	Major change in sleeping habits (a lot more or a lot less, or change in part of day when asleep)	_____
5	Death of a close family member	_____
6	Major change in eating habits (a lot more or a lot less food intake, or very different meal hours or surroundings)	_____
7	Foreclosure/repossession on mortgage or loan	_____
8	Revision of personal habits (dress, manners, associations, etc.)	_____
9	Death of a close friend	_____
10	Minor violations of the law (e.g. traffic ticket, disturbing the peace)	_____
11	Outstanding personal achievement	_____
12	Pregnancy (either yourself or being the father)	_____
13	Major change in the health or behaviour of a family member	_____
14	Sexual difficulties	_____
15	In-law troubles	_____
16	Major change in number of family get-togethers (e.g. a lot more or a lot less than usual)	_____
17	Major change in financial state (e.g. a lot worse off or a lot better off than usual)	_____
18	Gaining a new family member (e.g. through birth, adoption, grandparent moving in, etc.)	_____
19	Change in residence	_____
20	Son or daughter leaving home (e.g. marriage, attending college, etc.)	_____
21	Marital separation	_____
22	Major change in religious activities (e.g. a lot more or a lot less than usual)	_____
23	Marital reconciliation	_____
24	Losing your job (redundancy, dismissal, etc.)	_____
25	Divorce	_____
26	Changing to a different line of work	_____
27	Major change in the number of arguments with spouse or life partner (e.g. either a lot more or a lot less than usual regarding child-rearing, personal habits, etc.)	_____
28	Major change in responsibilities at work (e.g. promotion, demotion, lateral transfer)	_____
29	Spouse or life partner begins or stops working	_____
30	Major change in work hours or conditions	_____
31	Major change in usual type and/or amount of recreation	_____
32	Taking on a mortgage or loan for a major purchase (e.g. purchasing a home, business, etc.)	_____
33	Taking on a loan for a lesser purchase (e.g. purchasing a car or furniture, paying for college fees, etc.)	_____
34	Major personal injury or illness	_____

## S1 Appendix 1

	<b>Life Event (cont'd.)</b>	<b>Rating</b>
35	Major business readjustment (e.g. merger, reorganization, bankruptcy, etc.)	_____
36	Major change in social activities (e.g. clubs, dancing, movies, visiting, etc.)	_____
37	Major change in living conditions (e.g. building a new home, remodelling, deteriorating of home or neighbourhood)	_____
38	Retirement from work	_____
39	Vacation	_____
40	Christmas	_____
41	Changing to a new school	_____
42	Beginning or ceasing formal schooling	_____
43	Single person, living alone	_____

### REFERENCE:

Holmes, T. H., & David, E. M. (Eds.). (1989). *Life change, life events, and illness: selected papers*: Praeger Publishers.

### SRRS item wording changes.

<b>Original item wording</b>	<b>New item wording</b>
Death of spouse	Death of a spouse or life partner
Minor violations of the law (e.g. traffic ticket, jay walking, disturbing the peace)	Minor violations of the law (e.g. traffic ticket, disturbing the peace)
Pregnancy	Pregnancy (either yourself or being the father)
Gaining a new family member (e.g. through birth, adoption, oldster moving in, etc.)	Gaining a new family member (e.g. through birth, adoption, grandparent moving in, etc.)
Marital separation from mate	Marital separation
Major change in church activities (e.g. a lot more or a lot less than usual)	Major change in religious activities (e.g. a lot more or a lot less than usual)
Marital reconciliation with mate	Marital reconciliation
Being fired from work	Losing your job (redundancy, dismissal, etc.)

## S1 Appendix 1

Cont'd.

<b>Original item wording</b>	<b>New item wording</b>
Major change in the number of arguments with spouse (e.g. either a lot more or a lot less than usual regarding child-rearing, personal habits, etc.)	Major change in the number of arguments with spouse or life partner (e.g. either a lot more or a lot less than usual regarding child-rearing, personal habits, etc.)
Spouse begins or stops working outside the home	Spouse or life partner begins or stops working
Taking on a mortgage greater than \$10,000 (e.g. purchasing a home, business, etc.)	Taking on a mortgage or loan for a major purchase (e.g. purchasing a home, business, etc.)
Taking on a mortgage or loan less than \$10,000 (e.g. purchasing a car or furniture, paying for college fees, etc.)	Taking on a loan for a lesser purchase (e.g. purchasing a car or furniture, paying for college fees, etc.)