

S3 Appendix 3

Updated SRRS and table showing changes to items

Social Readjustment Rating Scale 2022

Life Event	Yes	No
Marriage	<input type="radio"/>	<input type="radio"/>
Losing your job (e.g. redundancy, dismissal, etc.)	<input type="radio"/>	<input type="radio"/>
Change in religious activities (e.g. a lot more or a lot less than usual)	<input type="radio"/>	<input type="radio"/>
Revision of personal habits (e.g. dress, manners, associations)	<input type="radio"/>	<input type="radio"/>
Sexual difficulties	<input type="radio"/>	<input type="radio"/>
Trouble with in-laws	<input type="radio"/>	<input type="radio"/>
Major change in health or behaviour of family member	<input type="radio"/>	<input type="radio"/>
Taking on a mortgage or loan for a major purchase (e.g. home, business)	<input type="radio"/>	<input type="radio"/>
Taking on a loan for a lesser purchase (e.g. car, furniture)	<input type="radio"/>	<input type="radio"/>
Change in eating habits (e.g. a lot more or a lot less food intake, or very different meal hours or surroundings)	<input type="radio"/>	<input type="radio"/>
Pregnancy either yourself or being the father	<input type="radio"/>	<input type="radio"/>
Troubles with boss	<input type="radio"/>	<input type="radio"/>
Change in financial state (e.g. a lot worse off or a lot better off than usual)	<input type="radio"/>	<input type="radio"/>
Change to a different line of work	<input type="radio"/>	<input type="radio"/>
Marital reconciliation	<input type="radio"/>	<input type="radio"/>
Change in number of arguments with spouse/life partner (e.g. either a lot more or a lot less than usual regarding child-rearing, personal habits, etc.)	<input type="radio"/>	<input type="radio"/>
Change in living conditions (e.g. building new home, remodelling, deterioration of neighbourhood or home)	<input type="radio"/>	<input type="radio"/>

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Outstanding personal achievement	<input type="radio"/>	<input type="radio"/>
Retirement	<input type="radio"/>	<input type="radio"/>
Business readjustment (e.g. merger, reorganisation, bankruptcy)	<input type="radio"/>	<input type="radio"/>
Spouse/life partner begins or stops work	<input type="radio"/>	<input type="radio"/>
Change in residence	<input type="radio"/>	<input type="radio"/>
Change in sleeping habits (e.g. a lot more or a lot less, or change in part of day when asleep)	<input type="radio"/>	<input type="radio"/>
Gain of new family member (e.g. through birth, adoption, grandparent moving in)	<input type="radio"/>	<input type="radio"/>
Change in work hours or conditions	<input type="radio"/>	<input type="radio"/>
Son or daughter leaving home (e.g. attend college, marriage)	<input type="radio"/>	<input type="radio"/>
Change in responsibilities at work (e.g. promotion, demotion, lateral transfer)	<input type="radio"/>	<input type="radio"/>
Change in social activities (e.g. clubs, dancing, movies, visiting)	<input type="radio"/>	<input type="radio"/>
Divorce	<input type="radio"/>	<input type="radio"/>
Personal injury or illness	<input type="radio"/>	<input type="radio"/>
Death of close family member	<input type="radio"/>	<input type="radio"/>
Change in recreation type/amount	<input type="radio"/>	<input type="radio"/>
Death of spouse/life partner	<input type="radio"/>	<input type="radio"/>
Change in number of family get-togethers (e.g. a lot more or a lot less than usual)	<input type="radio"/>	<input type="radio"/>
Detention in jail or other institution	<input type="radio"/>	<input type="radio"/>
Marital separation	<input type="radio"/>	<input type="radio"/>
Vacation	<input type="radio"/>	<input type="radio"/>

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Foreclosure/repossession on mortgage or loan	<input type="radio"/>	<input type="radio"/>
Death of close friend	<input type="radio"/>	<input type="radio"/>
Changing to a new school	<input type="radio"/>	<input type="radio"/>
Begin or end formal schooling	<input type="radio"/>	<input type="radio"/>
Christmas	<input type="radio"/>	<input type="radio"/>
Minor violations of the law (e.g. traffic/parking tickets)	<input type="radio"/>	<input type="radio"/>
Single person, living alone	<input type="radio"/>	<input type="radio"/>

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Changed items:

Original item rank	Original Item wording	New item wording
1	Death of spouse	Death of spouse/life partner
4	Jail term	Detention in jail or other institution
8	Fired at work	Losing your job (e.g. redundancy, dismissal, etc.)
11	Change in health of family member	Major change in health or behaviour of family member
12	Pregnancy	Pregnancy either yourself or being the father
13	Sex difficulties	Sexual difficulties
14	Gain of new family member	Gain of new family member (e.g. through birth, adoption, grandparent moving in)
15	Business readjustment	Business readjustment (e.g. merger, reorganisation, bankruptcy)
16	Change in financial state	Change in financial state (e.g. a lot worse off or a lot better off than usual)
19	Change in number of arguments with spouse	Change in number of arguments with spouse/life partner (e.g. either a lot more or a lot less than usual regarding child-rearing, personal habits, etc.)
20	Mortgage over \$10,000	Taking on a mortgage or loan for a major purchase (e.g. home, business)
21	Foreclosure of mortgage or loan	Foreclosure/repossession on mortgage or loan
22	Change in responsibilities at work	Change in responsibilities at work (e.g. promotion, demotion, lateral transfer)
23	Son or daughter leaving home	Son or daughter leaving home (e.g. attend college, marriage)
26	Wife begin or stop work	Spouse/life partner begins or stops work
27	Begin or end schooling	Begin or end formal schooling
28	Change in living conditions	Change in living conditions (e.g. building new home, remodelling, deterioration of neighbourhood or home)
29	Revision of personal habits	Revision of personal habits (e.g. dress, manners, associations)
33	Change in schools	Changing to a new school
34	Change in recreation	Change in recreation type/amount
35	Change in church activities	Change in religious activities (e.g. a lot more or a lot less than usual)
36	Change in social activities	Change in social activities (e.g. clubs, dancing, movies, visiting)
37	Mortgage of loan less than \$10,000	Taking on a loan for a lesser purchase (e.g. car, furniture)
38	Change in sleeping habits	Change in sleeping habits (e.g. a lot more or a lot less, or change in part of day when asleep)
39	Change in number of family get-togethers	Change in number of family get-togethers (e.g. a lot more or a lot less than usual)
40	Change in eating habits	Change in eating habits (e.g. a lot more or a lot less food intake, or very different meal hours or surroundings)
43	Minor violations of the law	Minor violations of the law (e.g. traffic/parking tickets)