

LIFE EXTENSION CENTER

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PRE-ADOLESCENT TIME EXTENSION QUESTIONNAIRE

The following questionnaire is to evaluate stress levels in children. It is known that accumulated stressors produce physical disease in children. By answering the following questions, we will be able to evaluate your child's physical and emotional well-being.

NAME _____ SEX _____ AGE _____

Please bring questionnaire with you on your first visit. DO NOT MAIL IT.

Please Circle YES or NO if your child has had any of the following stress changes within the last six (6) months.

1. Beginning nursery school, first grade or high school.....YES NO
2. Change to a different school.....YES NO
3. Birth or adoption of a brother or sister.....YES NO
4. Brother or sister leaving home.....YES NO
5. Hospitalization of a brother or sister.....YES NO
6. Death of a brother or sister.....YES NO
7. Change of parent's occupation requiring increased absence from home.....YES NO
8. Loss of job by a parent.....YES NO
9. Marital separation of parents.....YES NO
10. Divorce of parents.....YES NO
11. Hospitalization of parent (serious illness).....YES NO
12. Death of a parent.....YES NO
13. Death of a grandparent.....YES NO
14. Marriage of a parent or stepparent.....YES NO
15. Jail sentence of a parent for 30 days or less.....YES NO
16. Jail sentence of a parent for 1 year or more.....YES NO
17. Addition of third parent (e.g. Grandparent).....YES NO
18. Change in parent's financial status.....YES NO
19. Mother beginning work.....YES NO

- 20. Decrease in number of arguments between parents.....YES NO
- 21. Increase in number of arguments between parents.....YES NO
- 22. Decrease in number of arguments with parents.....YES NO
- 23. Increase in number of arguments with parents.....YES NO
- 24. Discovery of being an adopted child.....YES NO
- 25. Acquiring a visible deformity.....YES NO
- 26. Having a visible congenital deformity.....YES NO
- 27. Hospitalization of yourself(CHILD).....YES NO
- 28. Change in acceptance by peers.....YES NO
- 29. Outstanding personal achievements.....YES NO
- 30. Death of child's close friend.....YES NO
- 31. Failure of grade in school.....YES NO
- 32. Suspension from school.....YES NO
- 33. Pregnancy in unwed teenage sister.....YES NO
- 34. Becoming involved with drugs or alcohol.....YES NO
- 35. Becoming a full fledged member of a church/synagogue.....YES NO
- 36. Not making an extracurricular activity which the child wanted to be
involved.....YES NO
- 37. Breaking up with a boyfriend or girlfriend.....YES NO
- 38. Fathering an unwed pregnancy.....YES NO
- 39. Unwed pregnancy.....YES NO

Comments: