HAZARDOUS EVENTS

Events or changes in a person's life can be classified in several ways:

EUSTRESS

(+) Positive, desirable changes

Awards
Promotion
Marriage

DISTRESS

(-) Negative, unwelcome changes

Death of loved one
Fired from job
Arrested



Clients often have difficulty recognizing eustress!
Be careful to explore both positive and negative changes.

HAZARDOUS EVENTS

Another way of classifying events:

MATURATIONAL	TRANSITIONAL
Normative, developmental, life-stage changes - e. g. entering school, sexual maturity, living away from home, menopause	**Changes associated with achieved roles in organizations - e. g.** becoming a student, new employee, being fired or laid off
SITUATIONAL	**DISASTERS**
Unexpected, idiosyncratic, often tragic changes - e. g. molestation, rape, disabling auto accident, win lottery, wounded in shoot out	**Natural, biblical, and political events that impact many people - e. g.** flood, earthquake, toxic spill, tornado, plague, market crash

HAZARDOUS EVENTS

How stressful an event and change will be experienced varies along a range: e. g. compare the impact of the DEATH of family member to acquiring a pet gerbil.

	Traumatic	Hazardous	Normative	Microstressor
Individual	Rape	Moving to a new place	Shopping	"The Hawk"
Family	Death of young child	Lay off of breadwinner	Get children to school	Clean up pet vomit
Community	Earthquake	Republican majority on city council	Strike of sanitation workers	Pot holes in streets

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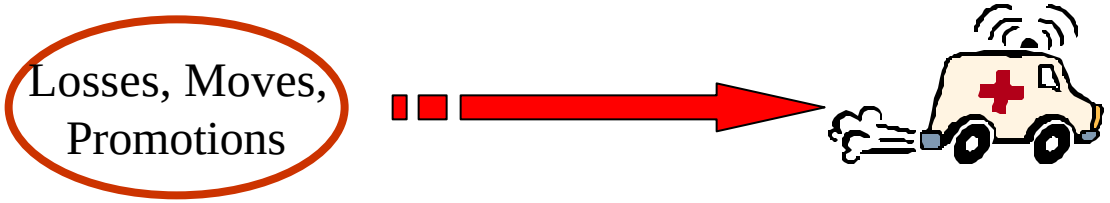
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HAZARDOUS EVENTS

The Holmes and Rahe Social Readjustment Rating Scale

Journal of Psychosomatice Research, Vol II, pp. 213-128, 1967.

The Holmes and Rahe scale was one of the first scales to attempt to relate life changes to the physical well being of adults. This pioneering effort has been replaced and modified by many other life events scales since then, but it still remains a popular scale for measuring stress in a person's life. In the next three frames of this tutorial, you will have the opportunity to take this classic scale and see how many life changes have taken place in your life over this past year. You may have to do a little interpolating of items - e. g. "death of spouse" could be reframed as "death of soul mate, lover".



HAZARDOUS EVENTS

The Holmes and Rahe Social Readjustment Rating Scale

1. Death of spouse	100
2. Divorce	73
3. Marital separation from mate	65
4. Detention in jail or other institution	63
5. Death of close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation	45
10. Retirement from work	45
11. Major change in health or behavior of a family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Gaining a new family member (birth, adoption, return of oldster)	39

HAZARDOUS EVENTS

The Holmes and Rahe Social Readjustment Rating Scale

15. Major business readjustment (merger, bankruptcy, reorganization)	38
16. Major change in financial state	37
17. Death of a close friend	36
18. Change to a different line of work	36
19. Major change in number of arguments with spouse	35
20. Taking on a large mortgage	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (promotion, demotion)	29
23. Son or daughter leaving home (marriage, attending college)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside of the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living conditions (building a new home, remodeling)	25

HAZARDOUS EVENTS

The Holmes and Rahe Social Readjustment Rating Scale

29. Revision of personal habits (dress, manners, associations)	24
30. Troubles with the boss	23
31. Major change in working hours or conditions	20
32. Change in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activities	19
36. Major change in social activities	18
37. Taking on a loan or small mortgage	17
38. Major change in sleeping habits	16
39. Major change in number of family get-togethers	15
40. Major change in eating habits	15
41. Vacation	13
42. Christmas	12
43. Minor violations of the law (traffic tickets, jaywalking)	11

HAZARDOUS EVENTS

The Holmes and Rahe Social Readjustment Rating Scale

Add up the scores of all events that you have experienced over the past year or expect to experience in the next three months. If an event has happened twice, then double the score.

Interpreting Your Score:

0 - 150	No significant problem
150-199	Mild life crisis level with a 35% chance of illness
200-299	Moderate life crisis level with a 50% chance of illness
300 or over	Major life crisis level with an 80% chance of illness

For those of you who are upset with your score on the Holmes and Rahe Scale, the following diet is offered to help you through these times of high stress in your life:

STRESS DIET

Breakfast:



1 poached egg
1 slice dry toast
Half a grapefruit
8 oz. Skim milk

Lunch:

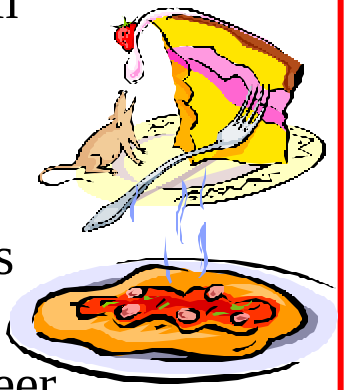


4 oz. Broiled chicken
1 cup strained squash
herbal tea
1 Oreo cookie



Mid-Afternoon Snack:

Rest of Oreo cookies
1 qt. ice cream
1 jar of fudge
2 donuts



Supper:



Rest of donuts
1 large pizza
1 pitcher of beer
3 Milky Ways
1 frozen cheesecake eaten directly from freezer

PERI Life Events Scale

A contemporary scale that looks at 102 events covering many areas of a person's life:

Work/School - laid off, retired, graduated, flunked out, start job
Love/Marriage - engaged, divorced, infidelity, married, separated
Family/Children - family member dies, birth of child, miscarriage
Residence - built a home, moved to new residence, remodeling
Crime/Legal - arrested, convicted, assaulted, released from jail
Finances - new loan/mortgage, foreclosure of loan, denied welfare
Health - injury, physical illness, unable to get treatment
Social Activities - took a vacation, pet died, holidays

HAZARDOUS EVENTS

PERI Life Events Scale

Top thirty two events ranked by severity:

1 (-) Death of Child
2 (-) Death of spouse
3 (-) Physical illness
4 (-) Went to jail
5 (-) Divorce
6 (+) Birth of 1st child
7 (-) Unable to get medical treatment
8 (-) Convicted of crime
9 (-) Spouse rel worsens
10 (-) Can't have children
11 (+) Released from jail
12 (-) Injury
13 (-) Loss of home
14 (+) Marital reconciliation
15 (-) Accused of crime
16 (-) Marital separation
17 (-) Marital infidelity
18 (+) Marital rel. improves
19 (-) Miscarriage
20 (-) Not released from jail
21 (-) Arrested
22 (+) Married
23 (-) Close friend dies
24 (+) Acquitted of crime
25 (-) Family memb. dies
26 (?) Birth of next child
27 (+) Adopted a child
28 (+) Health improves
29 (+) Build new home
30 (-) Business failure
31 (-) Retired
32 (?) Became pregnant

PERI Life Events Scale

Events that are most traumatic or hazardous:

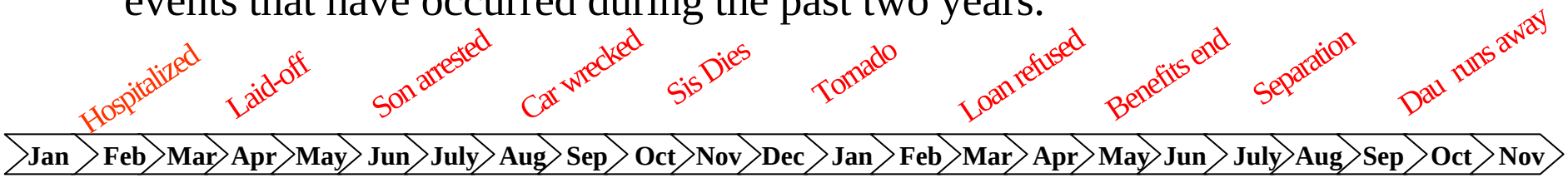
1. **Severe losses -** death of child, spouse, friend divorce, separation, loss of home
2. **Blow to self esteem -** went to jail, indicted arrested, marital infidelity, welfare
3. **Change in health -** severe illness or injury, unable to get medical treatment
4. **Change in economic status -** loan foreclosure, business failure, fired, retired

Traumatic events not listed on PERI life events scale: disasters such as earthquakes and tornadoes, domestic violence abuse, incest, violent shootings in the workplace/school, ethnic cleansing

HAZARDOUS EVENTS



Individuals and families experience hundreds of events over their life course, but it is the traumatic and hazardous events that are salient in the helping process. When individuals experience trauma or when hazardous events accumulate rapidly, the stress of these events may overwhelm the individual or family and result in extremely erratic responses and behavior. In clinical work with individuals and families, it is useful to chart the most recent traumatic and hazardous events that have occurred during the past two years.



PRACTICE CASE EXAMPLE

Bob Evans farmed a 500 acre hog farm with the help of his teenage son and father-in-law. Two months ago his son and father-in-law were killed in a tornado that completely destroyed his farrowing barn. Since the tornado Bob's wife has been too upset to go to her job in town, instead she rocks most of the day in her father's favorite rocking chair. Bob had borrowed heavily over the past three years to keep his farm afloat. Because he had allowed his insurance to lapse, the bank refused to lend him money to rebuild his farrowing barn and replace his brood sows. On his way to the bank, Bob's pickup ran out of gas, and he had to walk most of the way to town. Once inside the bank, Bob shot the agricultural loan officer killing him instantly and then turned the gun on himself.



LOCATE:

Traumatic events



Hazardous events



Stressful conditions



Micro-stressor



SUMMARY

- Positive events or changes may be as stressful as negative events.
- Positive events are easily overlooked in the assessment process.
- Traumatic events will almost always overwhelm an individual.
- Maturational and transitional events are often predictable.
- Situational events and disasters are much less predictable.
- Severe events like trauma are always clinically significant.
- Events and life changes are unavoidable.
- “Bad things do happen to good people!”
- Events, more than any other factor, are central to social functioning.

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