

**Survey of Recent Life Experiences** (Kohn & Macdonald, 1992) – Short form of a measure of hassles

Instructions:

Following is a list of experiences which many people have some time or other. Please indicate for each experience how much it has been a part of your life **over the past month**. Put a “1” in the box provided next to an experience if it was **not at all** part of your life over the past month; “2” for an experience that was **only slightly** part of your life over that time; “3” for an experience that was **distinctly** part of your life; and “4” for an experience that was **very much** part of your life over the past month.

Intensity of Experience over the Past Month

- 1 = not at all part of my life
- 2 = only slightly part of my life
- 3 = distinctly part of my life
- 4 = very much part of my life

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|---|--------------------------|
| 1. Disliking your daily activities  | <input type="checkbox"/> |
| 2. Disliking your work  | <input type="checkbox"/> |
| 3. Ethnic or racial conflict  | <input type="checkbox"/> |
| 4. Conflicts with in-laws or boyfriend's/girlfriend's family                | <input type="checkbox"/> |
| 5. Being let down or disappointed by friends                                | <input type="checkbox"/> |
| 6. Conflicts with supervisor(s) at work                                     | <input type="checkbox"/> |
| 7. Social rejection   | <input type="checkbox"/> |
| 8. Too many things to do at once  | <input type="checkbox"/> |
| 9. Being taken for granted  | <input type="checkbox"/> |
| 10. Financial conflicts with family members                                 | <input type="checkbox"/> |
| 11. Having your trust betrayed by a friend                                  | <input type="checkbox"/> |
| 12. Having your contributions overlooked                                    | <input type="checkbox"/> |
| 13. Struggling to meet your own standards of performance and accomplishment | <input type="checkbox"/> |
| 14. Being taken advantage of  | <input type="checkbox"/> |
| 15. Not enough leisure time   | <input type="checkbox"/> |
| 16. Cash flow difficulties  | <input type="checkbox"/> |
| 17. A lot of responsibilities   | <input type="checkbox"/> |
| 18. Dissatisfaction with work   | <input type="checkbox"/> |
| 19. Decisions about intimate relationship(s)                                | <input type="checkbox"/> |
| 20. Not enough time to meet your obligations                                | <input type="checkbox"/> |
| 21. Financial burdens   | <input type="checkbox"/> |

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|--|--------------------------|
| 22. Lower evaluation of your work than you think you deserve   | <input type="checkbox"/> |
| 23. Experiencing high levels of noise                          | <input type="checkbox"/> |
| 24. Lower evaluation of your work than you hoped for           | <input type="checkbox"/> |
| 25. Conflicts with family member(s)                            | <input type="checkbox"/> |
| 26. Finding your work too demanding                            | <input type="checkbox"/> |
| 27. Conflicts with friend(s)                                   | <input type="checkbox"/> |
| 28. Trying to secure loans                                     | <input type="checkbox"/> |
| 29. Getting “ripped off” or cheated in the purchase of goods   | <input type="checkbox"/> |
| 30. Unwanted interruptions of your work                        | <input type="checkbox"/> |
| 31. Social isolation   | <input type="checkbox"/> |
| 32. Being ignored  | <input type="checkbox"/> |
| 33. Dissatisfaction with your physical appearance              | <input type="checkbox"/> |
| 34. Unsatisfactory housing conditions                          | <input type="checkbox"/> |
| 35. Finding work uninteresting                                 | <input type="checkbox"/> |
| 36. Failing to get money you expected                          | <input type="checkbox"/> |
| 37. Gossip about someone you care about                        | <input type="checkbox"/> |
| 38. Dissatisfaction with your physical fitness                 | <input type="checkbox"/> |
| 39. Gossip about yourself                                      | <input type="checkbox"/> |
| 40. Difficulty dealing with modern technology (e.g. computers) | <input type="checkbox"/> |
| 41. Hard work to look after and maintain home                  | <input type="checkbox"/> |

## References

Kohn, P. & Macdonald, J.E. (1992). The Survey of Life Experiences: A decontaminated hassles scale for adults. *Journal of Behavioral Medicine*, 15, 221-