

**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

- |   |                          |
|---|--------------------------|
| 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"/> |

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

## References

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