Appendix - V

CHECKLIST OF STRESSFUL EVENTS

Instructions:

Kindly go through the list given below. Place a tick mark ( ) against each of the items that have experienced in the last 6 months

Academics:

1. Changed school
2. Suspended from school
3. Change in the medium of instruction
4. Appearing for examination
5. Decline in the academic performance/ poor report card
6. Unable to appear for examination
7. Failure in examination
8. Failure in competition/s related to academics or extracurricular activities
9. School interfering with extra curricular activities
10. Increased number of assignment/homework
11. Find it difficult to understand the subject
12. Poor study habits
13. Unable to decide about future career
14. Lack of time for leisure/recreation

Peer Interactions:

1. Broke up with a close friend
2. Arguments/problems with close friend
3. Death of a close friend
4. Serious illness/injury of close friend
5. Friend having emotional problems
6. Feeling pressured by friends
7. No academic support from friends/peers
8. Failure/rejection in a love affair
**Family:**
1. New person joined household
2. Death /serious illness of close relative
3. Change of house/colony
4. Financial problem at home
5. Family member a victim of violence/assault/arrest
6. Major financial/material loss in the family
7. Sent away from home
8. Change in structure of family e.g. joint family to nuclear family or vice versa
9. Relatives expectations for high academic achievement

**Parents:**
1. Parents separated/divorced/remarried
2. Death of a parent
3. Serious illness/injury of parent
4. Mother/father's absence from home
5. Loss of job of mother/father
6. Argument between mother/father
7. Parents discovered something about you, which you do not want them to know
8. Parents starting to work (especially mother)
9. Father/mother's occupation requiring frequent absence from home
10. Punishment by parents
11. Parents are emotionally less supportive to the needs
12. Parents over concern about studies
13. Parents high expectations in academic performance
14. Parents strictness regarding study timings
15. Restrictions to join any other extra curricular activities
16. Restrictions to participate social gatherings/any functions
17. Restrictions to watch television/movies/or any entertainment programmes.
18. Restrictions to talk with opposite sex
19. Restriction to go with friends for outings
20. Parent's high achievement
Siblings:

1. Age of the less 10 years
2. Serious illness/injury
3. Death of sibling
4. Sibling left home
5. Loss of job of a sibling
9. Sibling starting to work
10. Punished/bullied by sibling
11. Disturbance by sibling during study hours
12. Greater attention given by the parents to the sibling
13. Higher achievement of the sibling

Self

1. Ran away from home
1. Began drinking alcohol/using substances
2. Being suspected of lying/stealing
3. Being physically assaulted
4. Broke/damaged expensive articles
5. Lost money/personal belonging
6. Met with an accident
7. Being laughed at/made fun of
8. Not getting enough sleep
9. Not reaching a goal greatly desired
10. Perceive increased pressure, expectations from parents
11. Perceive increased pressure, expectations from friends
Socio-cultural

1. Nobody to turn to when in problems/worried
2. Often in a situation where you don't know which is the right thing to do
3. Find difficult to adjust to the new place
4. Often feel that what you are taught in school is not applicable in daily life
5. Often feel that what you think is right is quite different from what elders think
6. Do not have someone whom you greatly admire
7. Do not have any role model/someone to identify with
8. Often not sure whose advice you should follow
9. Often find difficult to differentiate and to accept what others think is right/wrong
10. Often others are unable to accept what you think is right/wrong
11. Often feel that people who cheat are the ones who succeed

Others:

1. Death/loss of a pet
2. Change in Privileged
3. Change in responsibilities (Eg: Taking care of younger sibling/cooking/earning to supplement family income)
4. Any other(specify)