

Subject ID# \_\_\_\_\_

Date \_\_\_\_\_

Examiner \_\_\_\_\_

### **Perceived Events Schedule**

**Instructions:** On the following pages is a list of events which may or may not have happened to you. Some of these are events which have happened to nearly everybody, others are events which only happen once in awhile and not to everybody. Please decide whether you have had each of these experiences in the past six months. If the event has happened to you in the past six (6) months, please place an "X" on the line on the left side of the page marked "EVENT HAS HAPPENED" at the top. For each event which has happened, please decide how desirable the event was - that is how good or bad it was when it happened to you.

**Desirability Rating:** Good (desirable) events are ones which are pleasant or make us happy while bad (undesirable) events are ones that upset us or make us feel scared, sad, or angry. Using the numbers on the following ruler to write down the number which best describes how desirable, or good, each event was when it happened to you. Write this number down in the blank space marked "GOOD-BAD RATING" on the right side of the page.

Extremely Bad	Very Bad	Somewhat Bad	Slightly Bad	Neither Good or Bad	Slightly Good	Somewhat Good	Very Good	Extremely Good
(-4)	(-3)	(-2)	(-1)	(0)	(+1)	(+2)	(+3)	(+4)

EVENT HAS HAPPENED  
IN PAST 6 MONTHS

GOOD-BAD  
RATING

1. \_\_\_\_\_ Hobbies or activities (watching T.V., reading, playing an instrument, etc.) \_\_\_\_\_
2. \_\_\_\_\_ Doing things / spending time with family members \_\_\_\_\_
3. \_\_\_\_\_ Spending time talking with a boyfriend / girlfriend \_\_\_\_\_
4. \_\_\_\_\_ Dating or doing things with people of the opposite sex \_\_\_\_\_
5. \_\_\_\_\_ Feeling pressured by friends (*friends expecting you to do things or be a certain way*) \_\_\_\_\_
6. \_\_\_\_\_ Family members, relatives, step-parents moving in or out of the house \_\_\_\_\_
7. \_\_\_\_\_ Helping other people \_\_\_\_\_
8. \_\_\_\_\_ Fight with or problems with a friend \_\_\_\_\_
9. \_\_\_\_\_ Restrictions at home (having to be in at a certain time, etc.)  
(*not being allowed at home to do something you would have done*) \_\_\_\_\_
10. \_\_\_\_\_ Death of a family member \_\_\_\_\_
11. \_\_\_\_\_ Family member becoming pregnant or having a baby \_\_\_\_\_
12. \_\_\_\_\_ Attending school \_\_\_\_\_

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EVENT HAS HAPPENED  
IN PAST 6 MONTHS

GOOD-BAD  
RATING

- |           |  |       |
|-----------|--|-------|
| 13. _____ | Hospitalization of a family member or relative   | _____ |
| 14. _____ | Falling in love or beginning a relationship with a boyfriend / girlfriend                      | _____ |
| 15. _____ | Poor relationship between family members and friends ( <i>they don't get along</i> )           | _____ |
| 16. _____ | Doing poorly on an exam or paper   | _____ |
| 17. _____ | Talking or sharing feelings with friends   | _____ |
| 18. _____ | Being around people who are inconsiderate or offensive ( <i>people who are rude, selfish</i> ) | _____ |
| 19. _____ | Arrest of a family member  | _____ |
| 20. _____ | Getting into trouble or being suspended from school  | _____ |
| 21. _____ | Hassles, arguments or fights with peers or other students at school.                           | _____ |
| 22. _____ | Financial troubles or worries about money  | _____ |
| 23. _____ | Getting bad grades or progress reports at school   | _____ |
| 24. _____ | Having bad classes or teachers   | _____ |
| 25. _____ | Emotional worries (feeling depressed, moody, angry, unsure of yourself, etc.)                  | _____ |
| 26. _____ | Going to church  | _____ |
| 27. _____ | Meeting new people   | _____ |
| 28. _____ | Parent getting married   | _____ |
| 29. _____ | Having few or no friends   | _____ |
| 30. _____ | Arguments or fights between parents  | _____ |
| 31. _____ | Getting good grades or progress reports at school  | _____ |
| 32. _____ | Having good classes or teachers  | _____ |
| 33. _____ | Drinking or drug use   | _____ |
| 34. _____ | Understanding classes or homework  | _____ |
| 35. _____ | Change in relationship with boyfriend / girlfriend   | _____ |

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EVENT HAS HAPPENED  
IN PAST 6 MONTHS

GOOD-BAD  
RATING

- |           |  |       |
|-----------|--|-------|
| 36. _____ | Change in relationship(s) with family members  | _____ |
| 37. _____ | Change in relationship(s) with friend(s)   | _____ |
| 38. _____ | Pressures or expectations from parents<br>( <i>parents wanting you to do something or be a certain way</i> )       | _____ |
| 39. _____ | Visiting a parent who doesn't live with you  | _____ |
| 40. _____ | Having plans fall through (not going on a trip or getting something you expecting)                                 | _____ |
| 41. _____ | Visiting with relatives  | _____ |
| 42. _____ | Going to parties, dances, concerts   | _____ |
| 43. _____ | Friends getting drunk or using drugs   | _____ |
| 44. _____ | Death of a relative  | _____ |
| 45. _____ | Obligations at home ( <i>things you have to do at home</i> )   | _____ |
| 46. _____ | Spending time alone  | _____ |
| 47. _____ | Family member or relative having emotional problems ( <i>being really sad, worried, etc.</i> )                     | _____ |
| 48. _____ | Friend or family member recovering from being sick or injured  | _____ |
| 49. _____ | Arguments or problems with boyfriend / girlfriend  | _____ |
| 50. _____ | Something bad happens to a friend  | _____ |
| 51. _____ | Change in privileges or responsibilities at home<br>( <i>changes in what you are allowed to do or have to do</i> ) | _____ |
| 52. _____ | Change in health of a family member or relative  | _____ |
| 53. _____ | Change in health of a friend   | _____ |
| 54. _____ | Change in number of friends (make new friends or lose friends)   | _____ |
| 55. _____ | Parents discover something you didn't want them to know  | _____ |
| 56. _____ | Brother or sister getting engaged or married   | _____ |
| 57. _____ | Brother or sister getting separated or divorced  | _____ |

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- |           |   |       |
|-----------|---|-------|
| 58. _____ | Not spending enough time with family members or friends                         | _____ |
| 59. _____ | School or job change of a family member (drops out of school, gets a job, etc.) | _____ |
| 60. _____ | Advancing a year in school ( <i>starting a new grade</i> )                      | _____ |
| 61. _____ | Living with only one parent   | _____ |
| 62. _____ | Talking on the phone  | _____ |
| 63. _____ | Discussions or long talks with parents  | _____ |
| 64. _____ | Homework or studying  | _____ |
| 65. _____ | Taking care of younger brother(s) or sister(s)                                  | _____ |
| 66. _____ | Problems or arguments with parents, siblings, or family members                 | _____ |
| 67. _____ | Problems or arguments with teachers or principal                                | _____ |
| 68. _____ | Spending time at home   | _____ |
| 69. _____ | Changes in your alcohol or drug use   | _____ |
| 70. _____ | Making honor roll or some other school achievement                              | _____ |
| 71. _____ | Negative feelings or worrying about appearance                                  | _____ |
| 72. _____ | Negative feelings or worrying about personal health or fitness                  | _____ |
| 73. _____ | Doing household chores  | _____ |
| 74. _____ | Something good happens to a friend  | _____ |
| 75. _____ | Alcohol or drug use by family members or relatives                              | _____ |
| 76. _____ | Breaking up with or being rejected by boyfriend or girlfriend                   | _____ |
| 77. _____ | Death of a friend   | _____ |
| 78. _____ | Family moves (to a new home)  | _____ |
| 79. _____ | Parent loses a job  | _____ |
| 80. _____ | Returning to school after time off  | _____ |

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RATING

- |           |   |       |
|-----------|---|-------|
| 81. _____ | Parents getting divorced  | _____ |
| 82. _____ | Not getting along with the parents of your friends                        | _____ |
| 83. _____ | Doing well on an exam or paper  | _____ |
| 84. _____ | Spending time (relaxing or going out) with friends                        | _____ |
| 85. _____ | Friend(s) move away or you move away from friends                         | _____ |
| 86. _____ | Getting punished by parents   | _____ |
| 87. _____ | Being in love or having a relationship with a boyfriend / girlfriend      | _____ |
| 88. _____ | Not having a boyfriend or girlfriend                                      | _____ |
| 89. _____ | Friend having emotional problems ( <i>being really upset, sad, etc.</i> ) | _____ |
| 90. _____ | Friend becoming pregnant or having a child                                | _____ |