

Life Stressor Checklist-Revised Scoring Options

This measure is valid using a number of different scoring methods. We have highlighted three scoring methods that we believe to be the most useful.

Option 1: One method of scoring the LSC-R is to simply give one point to each positively endorsed stressor (the numbered questions), count up the total, and assign an *overall Life Stressor score* to each participant. The scores range from 0-30.

Option 2: The second option is to score the LSC-R by assigning weights to the person's endorsed life stressors. This score, ranging from 0-150, reflects a person's subjective rating of how a life stressor affected the person's life in the past year. Each positively endorsed life stressor would be assigned points ranging from 1-5 according to the marked number in lettered question "e."

Option 3: This method identifies the person's number of positively endorsed life stressors that reflect the DSM-IV Posttraumatic Stress Disorder Criteria A for having experienced a traumatic event. Points are assigned *only* when a life stressor is positively endorsed as well as questions "c" and "d," reflecting the DSM-IV criteria for experiencing a traumatic life event. You will notice that options c and d are only available for selected questions as appropriate for DSM-IV criteria. Some researchers have found it useful to use this scoring option in conjunction with Option 1, where there is a score for high magnitude stressors (criteria A stressors) and low magnitude stressors (other significant stressful events).