The Resilience, Adaptation and Well-Being Project

Adolescents - Family Inventory of Life Events and Changes

(A-FILE)

A-FILE:
Adolescent-Family Inventory of Life Events and Changes

Overview

The Adolescent-Family Inventory of Life Events and Changes A-FILE, developed by Hamilton McCubbin, Joan Patterson, Edward Bauman, and Linda Harris (1981), is designed to measure an adolescent's perspective on family system and individual life events and changes as a critical factor in explaining both vulnerability and resiliency in adolescents and young adults. The A-FILE is available in both English and Spanish.

Development of A-FILE

The Adolescent-Family Inventory of Life Events and Changes (A-FILE) is a 50-item self-report instrument designed to record normative and non-normative life events and changes an adolescent perceives his or her family has experienced during the past 12 months (H.I. McCubbin, Patterson, Bauman, & Harris, 1981). A-FILE also records certain life events (27 items which are a subset of the 50 items) a family experienced prior to the past year, an index to chronic stress. These events are those which frequently take longer to adapt to or, by their nature, have chronic effects and hence generate a prolonged residue of strain and possible distress.

- A-FILE measures recent family-adolescent-youth life events and changes.
- A-FILE measures chronic stressors and strains.
- A-FILE measures the family's and youth's vulnerability.
- A-FILE measures the pile-up of life events.

As a family life change inventory, all events experienced by any member of the family are recorded since, from a family systems perspective, what happens to anyone member affects the others to some degree. Families usually are dealing with several stressors simultaneously and A-FILE provides an index of an adolescent's vulnerability as a result of the family pile-up. A-FILE was developed for completion by adolescents/youth of junior and senior high school age (12-18 years) whether they live with their families or not.

Each item in A-FILE is worded to reflect a change of sufficient magnitude to require some adjustment in the regular pattern of interaction or behavior of family members. The emphasis is on change, which may be either positive or negative.

Conceptual Organization In a first pretest, approximately thirty, 11th-graders at a suburban high school completed A-FILE and suggested additional life events and changes which were a source of strain to them (see Table 4.1). A second pretest was conducted with fifty 7th-, 10th- and 11th graders to determine clarity of items, ease of administration and relative frequency of occurrence of the items.

Table 4.1
Conceptual Dimensions of A·FILE

I. **Transitions. There are 14 items in this scale which are related to role or status transitions of family members, the addition of family members, or geographical mobility of the family unit or a member. Items: 1,2,3,4,5,6,7,8,9,10,11,12,13,14.**

II. **Sexuality. The four items of this scale focus on pregnancy, childbearing and the onset of sexual activity. Items: 15, 16, 17, 18.**

III. **Losses. There are seven items in this scale relating to the death of family members, relatives, or friends and to the loss of property or income. Items: 19, 20, 21, 22, 23, 24, 25.**

IV. **Responsibilities and Strains. This scale has 19 items which focus on interpersonal tensions and strains related to health care and finances. Items: 26,27,28,29,30,31,32,33,34,35,36,37,38,39, 40, 41, 42, 43, 44.**

V. **Substance Use. This scale has four items focused on the use of drugs or alcohol, conflict about substance use, or a premature exit from school. Items: 45,46,47,48.**

VI. **Legal Conflict. These two items focus on the arrest or assault of a family member. Items: 49, 50.**

Reliability

The overall internal reliability (Cronbach's alpha) for Total Recent Life Changes is .69. The wide variability in the frequency of occurrence of the items precluded the achievement of acceptable levels of internal consistency for the subscales with the exceptions of Responsibilities and Strains, (Cronbach's alpha =.67) and Legal Conflict (Cronbach's alpha =.89).

Validity

Using data from a sample of 500 junior and senior high school students, three procedures were used to reduce A-FILE to 50 items: (a) an analysis of the frequencies of occurrence of all the items; (b) factor analysis followed by tests of internal reliability and test-retest reliability; and (c) reference to prior research and theories regarding family life changes. While low frequencies guided the deletion and/or combining of certain items, several infrequently occurring items were retained if they were considered major stressors (e.g., death of a parent).

While Total Family Life Changes is the primary measure derived from A-FILE, an effort was made to identify the specific underlying dimensions of stressful life changes by factor analyzing the total set of items.

Caution must be used in this approach to data analysis and instrument construction in view of the fact that: (a) occurrences of each family life change are not uniform; (b) we did not have an a priori framework for clustering events except by broadly defined areas of family life; and (c) even after the items were grouped, it was probable that the wide variance in frequency of occurrence would preclude the achievement of acceptable levels of internal consistency to be used as subscales for future research.

Test-Retest Reliability

Test-retest reliabilities have been established for all the scales in A-FILE based on a sample of 74 junior and senior high school students who completed A-FILE in their homes and two weeks later at their schools. The test-retest reliability for Total Recent Life Changes experienced during the past year is .82. The high test-retest reliabilities for each of the major scales for A-FILE are presented in Table 4.2.

Table 4.2
A-FILE Test-Retest Reliabilities For Adolescents Tested Two Weeks Apart

A-FILE Scales	Test-Retest Reliabilities
Transitions	.80
Sexuality	.90
Losses	.82
Responsibilities and Strains	.69
Substance Use	.81
Legal Conflict	.81
Total Recent Life Changes	.82
Total Past Life Changes	.84

***p≤.001

Additional Validity Checks

Validity assessments of A-FILE were made by correlating the eight scales (six scales and Total Recent Life Changes and Total Past Life Changes) with two outcome measures: adolescent substance use and adolescent health locus of control. Adolescent-family life changes were correlated with adolescents' reported use of chemical substances during the past month and during the past year. It was hypothesized that a pile-up of family life events would be positively associated with the use of cigarettes and alcohol and negatively associated with the non-use of cigarettes, alcohol and/or marijuana. Table 4.3 indicates support for these hypotheses.

A second validity check on A-FILE was made by looking at the association between a pile-up of life changes and three dimensions of Health Locus of Control (HLC) as measured by the Multi-dimensional Health Locus of Control Scales (Wallston, Wallston, & DeVellu, 1978). These scales assess the belief that the source of reinforcement for health-related behaviors is primarily: (a) *internal* or a result of one's own behavior (IHLC); (b) under the control of *powerful others* (PHLC); or (c) a matter of *chance externality* (e.g., fate, luck) (CHLC). It was hypothesized that a pile-up of life changes would be negatively associated with internality (IHLC) and positively associated with powerful others (PHLC) and chance externality (CHLC).

Data testing these hypotheses indicate that the greater the Total Recent Family Life Changes (pile-up), the less the adolescents believe their health behaviors are under their own control ($r = -.13$, $p \leq .01$). Additionally, the greater the number of intrafamily responsibilities and strains (scale IV), the greater probability the adolescents believe that their health behaviors are controlled by powerful others and not by themselves ($r = +.16$, $p \leq .01$).

Table 4.3
Adolescent-Family Life Changes In Association with Adolescent Substance Abuse

	Cigarette Use			Alcohol Use			No Marijuana Use
	1 Month	1 Year	No Smoking	1 Month	1 Year	No Alcohol Use	
Transitions	.07	.01	.03	.02	.06	-.09	.02
Sexuality	.26**	.18*	-.18*	.26**	.17*	-.11	-.29**
Losses	.02	.07	.06	.02	.05	-.15	-.15
Responsibilities and Strains	.00	.09	.09	.29**	.28**	-.27**	-.23**
Substance Use	.23**	.29**	-.15*	.18*	.31**	-.14*	-.25**
Legal Conflict	.07	.11	-.14	.13	.05	.00	.02
Total Recent Life Changes	.07	.18*	-.10	.32**	.27**	.29**	-.21**

$* p \leq .05$
$** p \leq .01$

Scoring Procedures

A total Recent Life Change score may be obtained for A-FILE by assigning each of the Yes responses a value of 1 and each of the No responses a value of 0 and then summing these values for all of the items in the During last 12 months column. A Total Past Life Changes score is obtained by assigning each of the Yes responses a value of 1 and each of the No responses a value of 0 and then summing these values for all of the items in the Before last 12 months column. A score for each of the subscales may be obtained by following the same procedure of assigning each of the Yes responses a value of 1 and each of the No responses a value of 0 and then summing these values for all of the items in each subscale. The list below will help in determining which items belong to each subscale.

Subscale 1:	Transitions	1 through 14
Subscale 2:	Sexuality	15 through 18
Subscale 3:	Losses	19 through 25
Subscale 4:	Responsibilities & Strains	26 through 44
Subscale 5:	Substance Use	45 through 48
Subscale 6:	Legal Conflict	49 and 50

A weighted stress score can also be obtained using A-FILE. A common procedure used by stress researchers (Coddington, 1972; Holmes & Rahe, 1967) is to assign standardized weights to each life event which reflect the magnitude of change it requires if experienced by a family. Such standardized weights were obtained for A-FILE from 88 adolescents in senior high (10th and 11th grades). The adolescents were instructed to rate the 50 items listed in AFILE in terms of the relative degree of social readjustment an average family must make in its usual pattern of life as a result of experiencing each life event. Item 27 (Family member was hospitalized) was arbitrarily assigned a value of 50 and the adolescents rated the other items proportionate to this. The standardized weights (arithmetic mean of the 88 assigned weights) for A-FILE are presented on the A-FILE instrument. By summing the weights for each item that happened in a family, weighted scales and total scores can be obtained.

Norms and/or Comparative Data

The means and standard deviations for the A-FILE scales are reported in Table 4.4. These norms are based on a sample of 500 junior and senior high school students.

Norms based on 197 male and 206 female adolescents (total = 403) are indicated in Table 4.5 (Norms for A-FILE).

Additional comparative data from a recent study of families of youth in residential treatment are presented in Tables 4.6 through 4.11.

Notes

1. The earlier writings on this instrument included a comprehensive description of the instrument's development. For the sake of brevity we limited the chapter to the basic information that users have requested and needed. If you desire a copy and are unable to find our earlier publications, either the 1987 or the 1991 edition, please write to us at the Center for Excellence in Family Studies, Family Stress, Coping and Health Project, University of Wisconsin-Madison, 1300 Linden Drive, Madison, WI 53706 or send email to manual@macc.wisc.edu. There will be a charge for these additional materials.

2. When referencing this instrument, the proper citation is: McCubbin, H.I., Patterson, J., Bauman, E., & Harris, L. (1981). Adolescent-Family Inventory of Life Events and Changes (A-FILE). In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). Family assessment: Resiliency, coping and adaptation Inventories for research and practice. (pp. 179-211). Madison: University of Wisconsin System.

Table 4.4
Means and Standard Deviations For A-FILE Scales

Scale	# of Items	Mean*	Standard Deviation*
Transitions[1]	14	2	2
Sexuality[2]	4	0	1
Losses	7	0	1
Responsibilities and Strains[3]	19	4	3
Substance Use[4]	4	0	1
Legal Conflict	2	0	1
Total Recent Life Changes	50	7	4
Total Past Life Changes	27	8	6

*** Rounded to the next whole number of family life change

[1] Significant differences in frequency of occurrence between junior and senior high school students based on the following items: a member started junior high or high school; parent started school; brother or sister moved away; and young adult member entered college, vocational training or armed forces.

[2] Significant differences in frequency of occurrence between junior and senior high school students based on the following item: teenager began having sexual intercourse.

[3] Significant differences in frequency of occurrence between junior and senior high school students based on the following items: child or teenage member resists doing things with family; parents and teenagers have increased arguments (hassles) over use of car or hours to stay out.

[4] Significant differences in frequency of occurrence between junior and senior high school students based on the following items: family member uses drugs (not given by doctor); family member drinks too much alcohol; child or teenage member was suspended from school or dropped out of school.

Table 4.5
Comparative Data for A-FILE

Raw Score		Male (N = 197) Percentile	Female (N = 206) Percentile	Total (N = 403)
1	(Low Stress)	98	99	99
2		94	95	95
3		88	89	88
4		79	79	79
5		71	71	71
6		60	60	60
7		52	48	50
8	(Moderate Stress	43	40	40
9		35	31	33
10		30	28	22
11		22	22	22
12		17	17	17
13		12	14	13
14		12	11	11
15	(High Stress)	10	10	10
Mean		7.66	7.41	7.53
Mode		10.32	8.82	10.06
SD		5.8	4.8	5.30
Skewness		-2.85	-1.11	-2.24
Kurtosis		14.70	1.077	10.71
Range		45	25	45

Table 4.6

Youth in Residential Treatment Program Adolescent Family Inventory of Life Events and Changes Total Scale Overall (N=954)

Raw Scores	Standard Scores	Cumulative Percentiles
0	-2.4	.1
1	-2.2	.5
2	-2.1	1.3
3	-1.9	2.5
4	-1.8	4.2
5	-1.6	6.1
6	-1.5	8.5
7	-1.3	11.1
8	-1.2	13.8
9	-1.0	17.0
10	-0.9	22.4
11	-0.7	27.9
12	-0.5	33.3
13	-0.4	39.4
14	-0.2	45.5
15	-0.1	50.1
16	+0.1	56.4
17	+0.2	63.0
18	+0.4	68.6
19	+0.5	73.6
20	+0.7	78.2
21	+0.8	81.6
22	+1.0	85.0
23	+1.1	88.3
24	+1.3	90.8
25	+1.4	92.9
26	+1.6	94.7
27	+1.8	96.0
28	+1.9	97.2
29	+2.1	98.0
30	+2.2	98.7
31	+2.4	99.4
32	+2.5	99.5
33	+2.7	99.6
34-35	+3.0	99.8
36	+3.1	99.9
37-50	+3.9	100.0

Mean = 15.562
SD = 6.512
Range = 41
Kurtosis = -.098
Skewness = .230
Mode = 17.0

Table 4.7

Youth in Residential Treatment Program Adolescent Family Inventory of Life Events and Changes Chronic Stress Scale Overall (N=954)

Raw Scores	Standard Scores	Cumulative Percentiles
0	-1.8	2.4
1	-1.5	5.9
2	-1.3	11.6
3	-1.1	18.3
4	-0.9	25.8
5	-0.6	33.2
6	-0.4	42.5
7	-0.2	50.0
8	+0.1	59.7
9	+0.3	67.6
10	+0.5	73.9
11	+0.7	80.4
12	+1.0	84.9
13	+1.2	89.2
14	+1.4	92.2
15	+1.6	94.2
16	+1.9	96.5
17	+2.1	98.0
18	+2.3	98.8
19	+2.6	99.3
20	+2.8	99.6
21	+3.0	99.9
22- 27	+3.7	100.0

Mean = 7.761
SD = 4.393
Range = 24
Kurtosis = -.179
Skewness = .453
Mode = 8.0

Table 4.8

Youth in Residential Treatment Program Adolescent Family Inventory of Life Events and Changes Total Scale African-American (N=446)

Raw Scores	Standard Scores	Cumulative Percentiles
0	-2.3	.2
1	-2.2	.4
2	-2.0	1.6
3	-1.9	3.1
4	-1.7	4.9
5	-1.6	7.0
6	-1.4	8.5
7	-1.3	11.4
8	-1.1	13.9
9	-1.0	17.5
10	-0.8	22.0
11	-0.7	28.3
12	-0.5	32.7
13	-0.4	39.0
14	-0.2	44.8
15	-0.1	49.8
16	+0.1	55.2
17	+0.2	63.5
18	+0.4	68.2
19	+0.5	73.1
20	+0.7	77.4
21	+0.8	81.6
22	+1.0	85.0
23	+1.1	87.4
24	+1.3	90.4
25	+1.4	92.4
26	+1.6	93.9
27	+1.7	96.0
28	+1.9	97.1
29	+2.0	97.8
30	+2.2	98.4
31	+2.3	99.1
32-33	+2.6	99.3
34-35	+2.9	99.8
36-50	+3.8	100.0

Mean = 15.621
SD = 6.676
Range = 41
Kurtosis = -.076
Skewness = .258
Mode = 17.0

Table 4.8

Youth in Residential Treatment Program Adolescent Family Inventory of Life Events and Changes Chronic Stress Scale African-American (N=446)

Raw Scores	Standard Scores	Cumulative Percentiles
0	-1.7	2.7
1	-1.5	7.2
2	-1.3	13.5
3	-1.0	20.0
4	-0.8	28.0
5	-0.6	34.5
6	-0.4	43.9
7	-0.1	51.1
8	+0.1	60.5
9	+0.3	69.3
10	+0.6	76.0
11	+0.8	82.1
12	+1.0	86.3
13	+1.3	90.8
14	+1.5	93.9
15	+1.7	94.8
16	+1.9	96.4
17	+2.2	98.2
18	+2.4	98.7
19	+2.6	99.1
20	+2.9	99.6
21-27	+3.1	100.0

Mean = 7.534
SD = 4.368
Range = 21
Kurtosis = -.136
Skewness = .456
Mode = 6.0

Table 4.10

Youth in Residential Treatment Program Adolescent Family Inventory of Life Events and Changes Total Scale Caucasian (N=508)

Raw Scores	Standard Scores	Cumulative Percentiles
0-1	-2.3	.6
2	-2.1	1.0
3	-2.0	2.0
4	-1.8	3.5
5	-1.6	5.3
6	-1.5	8.5
7	-1.3	10.8
8	-1.2	13.8
9	-1.0	16.5
10	-0.9	22.8
11	-0.7	27.6
12	-0.6	33.9
13	-0.4	39.8
14	-0.2	46.1
15	-0.1	50.4
16	+0.1	57.5
17	+0.2	62.6
18	+0.4	68.9
19	+0.5	74.0
20	+0.7	78.9
21	+0.9	81.5
22	+1.0	85.0
23	+1.2	89.0
24	+1.3	91.1
25	+1.5	93.3
26	+1.6	95.3
27	+1.8	96.1
28	+2.0	97.2
29	+2.1	98.2
30	+2.3	99.0
31	+2.4	99.6
32	+2.6	99.8
33-50	+3.2	+100.0

Mean = 15.510
SD = 6.371
Range = 35
Kurtosis = -.286
Skewness = .200
Mode = 16.0

Table 4.11

**Youth in Residential Treatment Program Adolescent Family Inventory of Life Events
and Changes Chronic Stress Scale Caucasian (N=508)**

Raw Scores	Standard Scores	Cumulative Percentiles
0	-1.8	2.2
1	-1.6	4.7
2	-1.4	10.0
3	-1.1	16.9
4	-0.9	23.8
5	-0.7	32.1
6	-0.4	41.1
7	-0.2	49.0
8	0.0	59.1
9	+0.2	66.1
10	+0.5	72.0
11	+0.7	78.9
12	+0.9	83.7
13	+1.1	87.8
14	+1.4	90.7
15	+1.6	93.7
16	+1.8	96.7
17	+2.0	97.8
18	+2.3	99.0
19	+2.5	99.4
20	+2.7	99.6
21	+3.0	99.8
22-27	+3.6	100.0

Mean = 7.961
SD = 4.410
Range = 24
Kurtosis = -.210
Skewness = .452
Mode = 8.0

Table 4.12
Adolescent-Family Inventory of Life Events and Changes (A-FILE):
Select Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Carty, L. (1989)	Adolescents who received peer counseling compared to control groups to examine impact of peer counseling program on stress & social support	340	.69	• Adolescents who experience long term peer counseling will have a different stress pattern than adolescents who do not.
Duong, D. (1994)	NA	NA	NA	• Doctoral Dissertation
Guiao, I., & Esparza, D. (1995)	2 comparison groups of normal & troubled Mexican American adolescents with Mexican American parentage, the ability to speak. & write English & 13-19 years old	50	NA	• Adolescent life stress was inversely related to depression, coping frequency & positively related to coping efficacy. Life stress was not different between normal & troubled Mexican American adolescents.
Gunter, L.A (1993)	NA	NA	NA	• Doctoral Dissertation
Hankin, D. (1994)	NA	NA	NA	• Doctoral Dissertation
Harris, T., & Lennings, C. (1993)	Boys 15-19 years old at the Westbrook Youth Training Center	47	.69	• Stressors were not a predictor of suicide.
Kaplan, K., & Maldaver, M. (1993)	Parental couples whose child 15-19 years of age had completed a suicide & comparison couples where children were matched to those above but had not completed or attempted a suicide	43	NA	• Suicide & control groups were not significantly different with regard to social stressors.
Killam, S. (1995)	NA	NA	NA	• Master's Thesis

Table 4.12 (continued)

Adolescent-Family Inventory of Life Events and Changes (A-FILE):
Select Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Lawler, M.K., Volk, R., Viviani, N., & Mengel, M.B. (1990)	Adolescents (age 15-18) with insulin-dependent diabetes for 1-10 years	16	.69	• A majority of the adolescents experienced moderate to high levels of stress.
Lipp, E.J., & Trimble, N. (1993)	White adolescent males in high school (football athletes & non-football players)	82	NA	• No significant differences were found.
Marcal, S. (1992)	NA	NA	NA	• Doctoral Dissertation
McCubbin, H.L, Needle, R., & Wilson, M. (1985)	Adolescents who were part of a longitudinal study drawn from an HMO sample	505	.69	• Adolescent stress was examined in relationship to adolescent substance use (alcohol, cigarettes & marijuana). • Adolescent-family stress & strains were positively related to cigarette, alcohol, & marijuana use for girls. • In contrast, adolescent family stresses & strains were related to cigarette & alcohol use only for boys.
Needle, R., Su, S., Doherty. W., Lavee, Y., & Brown, P. (1988)	Adolescents who sought or were referred to treatment for substance use (25), users who did not seek treatment (25), & non-users (24)	74	.82	• Drug using adolescents reported more frequent stressful life events in the family than did non-users.

Table 4.12 (continued)
Adolescent-Family Inventory of Life Events and Changes (A-FILE):
Select Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Olson, D., McCubbin, H.L, Barnes, H., Larsen, A, Muxen, M., & Wilson, M. (1983)	Families at different stages of the life cycle	1140	.82	• Adolescents viewed dealing with family as most stressful; parents thought most stress was finance related. • Adolescents consider day to day hassles with parents major stressors. • Normative data on youth-family stress over the life cycle • Predictor of family satisfaction & distress
Peters, M. (1995)	NA	NA	NA	• Doctoral Dissertation
Ravert, A.A (1993)	NA	NA	NA	• Master's Thesis
Reis, S., & Heppner, P. (1993)	Mother-daughter pairs (31) where daughter was currently in therapy as a result of acknowledgement of incest, compared to non-clinical pairs	47	NA	• Daughters in the incest group reported highly elevated family stress levels.
Rubenstein, J., Heeren, T., Housman, D., Rubin, C., & Stechler, G. (1989)	Student volunteers grades 9-12 & adolescents (45) hospitalized in a private psychiatric hospital	345	NA	• The adolescent stress scale, an adaptation of A-FILE was used. • Life stress was found to be a major external risk factor for suicide.
Rubin, C., Rubenstein, J., Stechler, G., Heeren, T., Halton, A., Housman, D., & Kasten, L. (1992)	Student volunteers grades 9-12 drawn from the public schools of a small New England community	300	NA	• An adaptation of A-FILE was used. • Adolescents who reported higher levels of depressive affect experienced more life stress.

Table 4.12 (continued)
Adolescent-Family Inventory of Life Events and Changes (A-FILE):
Select Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Slack, C. (1994)	NA	NA	NA	• Master's Thesis
Stewart, E., McKenry, P., Rudd, N., & Gavazzi, S. (1994)	Rural adolescents & their parents from 4 rural counties in 1 midwestern state	108	NA	• Analyses indicated that higher levels of depression were associated with a greater number of life events. • A greater number of life events was related to poor parental communication according to adolescent, fathers' & mothers' perceptions.
Taylor, J.S. (1994)	NA	NA	NA	• Master's Thesis
Williamson, J., Borduin, C., & Howe, B. (1991)	Pairs of mothers & adolescents 12-17 years of age from predominantly single-parent, lower-class homes. The subjects were divided into 4 groups: neglect, sexual abuse, physical abuse & non-maltreatment control.	50	.81	• Analysis showed that neglected adolescents reported the most life events/changes while physically & sexually abused adolescents still reported more than the non-maltreated control.

A-FILE

ADOLESCENT - FAMILY INVENTORY OF LIFE EVENTS AND CHANGES

Spanish Version

Family Stress, Coping and Health Project
School of Human Ecology
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A-FILE

INVENTARIO DE EVENTOS Y CAMBIOS EN LA FAMILIA - ADOLESCENTE©

Hamilton I. McCubbin   Joan M. Patterson   Edward Bauman   Linda Hall Harris

Propósito

Para anotar los cambios de vida familiar que experimentan los adolescentes. La siguiente lista de cambios pueden suceder en una familia en cualquier momento. Ya que todos los miembros de la familia están conectados de una manera u otra, lo que sucede a uno de los miembros afecta también a todas las otras personas en la familia de una cierta manera.

"FAMILIA" es un grupo de dos o más personas que conviven y que son emparentados por sangre, por matrimonio o por adopción. Esto incluye a las personas que viven con usted y con los cuales tiene una obligación por mucho tiempo.

Instrucciones:

¿Sucedió el cambio en su familia?:

Por favor lea cada cambio familiar y decida si le ocurrió a algún miembro de su familia - incluyéndolo a usted.

	Durante los últimos 12 meses	
	Si	No
• **Durante los últimos 12 meses** Primero, decida si sucedió **durante** los últimos 12 meses y marque *Si* o *No*.	☐	☐

		Antes de los últimos 12 meses	
		Si	No
• **Antes de los últimos 12 meses** Segundo, para *algunos cambios familiares* decida si sucedió **antes** de los últimos 12 meses y marque *Si* o *No*. Es aceptable marcar *Si* **dos** veces si ambas ocurrieron antes y durante el año pasado.		☐	☐

Cambios en la Familia	¿Sucedió el cambio en su familia?			
	Durante los últimos 12 meses		**Antes** de los últimos 12 meses	
	Si	No	Si	No
I. Transiciones				
1. Uno de los miembros empezó un nuevo trabajo	41 [ ]	[ ]	[ ]	[ ] 41
2. Padre de familia dejó o perdió el trabajo	89 [ ]	[ ]	[ ]	[ ]
3. Padres se separaron o divorciaron	82 [ ]	[ ]	[ ]	[ ]
4. Uno de los padres se volvió a casar	84 [ ]	[ ]	[ ]	[ ]
5. Se descubrió que un miembro de la familia tiene un problema de aprendizaje	57 [ ]	[ ]	[ ]	[ ] 49
6. Uno de los miembros de la casa se casó	46 [ ]	[ ]		
7. Los padres adoptaron a un niño(a)	46 [ ]	[ ]		
8. Uno de los miembros empezó el colegio/liceo	23 [ ]	[ ]		
9. Un niño o adolescente se pasó a otra escuela	37 [ ]	[ ]		
10. Uno de los padres empezó algún programa educativo	43 [ ]	[ ]		
11. Hermano o hermana se fue de la casa	78 [ ]	[ ]		
12. Un adulto joven empezó la universidad, entrenamiento vocacional o la fuerza armada	41 [ ]	[ ]		
13. Padre/Madre empezó o cambió de trabajo	47 [ ]	[ ]		
14. La familia se pasó de casa	81 [ ]	[ ]		
II. Sexualidad				
15. Una hija soltera quedó embarazada	88 [ ]	[ ]	[ ]	[ ] 60
16. Una hija tuvo una aborto	71 [ ]	[ ]	[ ]	[ ]
17. Nacimiento de un hermano/hermana	36 [ ]	[ ]		
18. Un adolescente empezó a tener relaciones sexuales	65 [ ]	[ ]		
III. Pérdidas				
19. La familia empezó a recibir asistencia pública	72 [ ]	[ ]	[ ]	[ ]
20. Pérdida o daño de la propiedad de la familia por causa de un incendio, robo u otro desastre	71 [ ]	[ ]	[ ]	[ ]
21. Muerte de un hermano/hermana	90 [ ]	[ ]	[ ]	[ ] 70

Cambios en la Familia	¿Sucedió el cambio en su familia?			
	Durante los últimos 12 meses		Antes de los últimos 12 meses	
	Si	No	Si	No
22. Muerte de uno de los padres	94 ☐	☐	☐	☐
23. Muerte de un pariente cercano	84 ☐	☐	☐	☐
24. Muerte de un amigo cercano o de un familiar	82 ☐	☐	☐	☐
25. Un miembro de la familia o un amigo cercano atentó o cometió suicidio	87 ☐	☐	☐	☐ 79
IV. Responsabilidades y Tensiones				
26. Un miembro de la familia se enfermó gravemente o tuvo un accidente (NO fue hospitalizado)	61 ☐	☐	☐	☐ 13
27. Un miembro de la familia fue hospitalizado	50 ☐	☐	☐	☐
28. Un miembro de la familia quedó minusválido o tiene una enfermedad duradera (alergias, asma, diabetes,etc.)	61 ☐	☐	☐	☐
29. Un miembro de la familia tuvo problemas emocionales	80 ☐	☐	☐	☐
30. Abuelo(s) se enfermó(aron) gravemente	77 ☐	☐	☐	☐
31. Los padres tienen más responsabilidad de cuidar a los abuelos	86 ☐	☐	☐	☐
32. Un miembro de la familia se fue de la casa	73 ☐	☐	☐	☐
33. Más deudas debido al uso de tarjetas de crédito o a otros cargos a crédito	63 ☐	☐	☐	☐ 27
34. Un aumento en los gastos de vivienda por cuidado médico, alimentación, vestuario, electricidad, gasolina	59 ☐	☐		
35. Un aumento en el tiempo que los padres pasan lejos de la casa	55 ☐	☐		
36. Uno de los hijos rehusa participar en actividades con la familia	43 ☐	☐		
37. Aumento de pleitos entre padre y madre	60 ☐	☐		
38. Los niños o adolescentes tienen más pleitos entre ellos	40 ☐	☐		
39. Padres y adolescentes pelean más por el uso del automóvil o por los horarios establecidos por los padres	46 ☐	☐		
40. Padres y adolescentes pelean más por los tipos de amigos que tiene o por el tipo de actividades sociales a las que participan	49 ☐	☐		
41. Padres y adolescentes pelean más por la participación en actividades religiosas	43 ☐	☐		

Cambios en la Familia	¿Sucedió el cambio en su familia?			
	Durante los últimos 12 meses		**Antes** de los últimos 12 meses	
	Si	No	Si	No
42. Padres y adolescentes pelean más por la apariencia personal (ropa, cabello, etc.)	43 [ ]	[ ]		
43. Más discusiones por las labores que cada uno debe realizar en la casa	60 [ ]	[ ]		
44. Uno de los miembros tiene más presión para que saque "buenas" notas o para que sobresalga en los deportes o actividades del liceo/ colegio.	36 [ ]	[ ]		
V. Abuso de Alcohol y Drogas				
45. Un miembro de la familia usa drogas (no recetadas por el médico)	78 [ ]	[ ]	[ ]	[ ] 49
46. Miembro de la familia toma mucho licor	75 [ ]	[ ]	[ ]	[ ]
47. Niño o adolescente fue suspendido o se salió del liceo/colegio	59 [ ]	[ ]	[ ]	[ ]
48. Padre(s) y adolescente(s) ha tenido más discusiones por el uso de cigarrillos, alcohol o drogas	62 [ ]	[ ]		
VI. Conflicto Legal				
49. Un miembro de la familia fue a dar a la cárcel, a la detención de menores o fue puesto en libertad condicional	60 [ ]	[ ]	[ ]	[ ]
50. Un miembro de la familia fue asaltado o atacado (físicamente o sexualmente)	63 [ ]	[ ]	[ ]	[ ] 49