

Family Inventory of Life Events and Changes (FILE)

The Family Inventory of Life Events and Changes (FILE) was developed as an index of family stress by Hamilton McCubbin, Joan Patterson, and Lance Wilson (1983) and assesses the pile-up of life events experienced by a family (the AA factor of the Resiliency Model). The concept of life stress has received increased attention in both the media and scientific literature. Stress, as conceptualized here, derives from two bodies of scientific literature, namely, psychobiological stress research and family stress theory. In the last 25 years, there has been a proliferation of research based on the hypothesis that stress, arising from an accumulation of life events, plays a role in the etiology of various somatic and psychiatric disorders. This concept of cumulative life changes has not been applied in a systematic manner to the study of family behavior in response to stress.

Example items: "Please read each family life change and decide whether it happened to any member of your family – including you – during the past 12 months and check Yes or No."

- *Increase of husband/father's time away from family
- *A member appears to have emotional problems
- *Increase in conflict among children in the family

Available in: Spanish, Hebrew, Spanish (Puerto Rico), Spanish (Spain)



mccubbinresilience@gmail.com