

The Resilience, Adaptation and Well-Being Project



Family Inventory of Life Events and Changes

(FILE)

FILE:

Family Inventory of Life Events and Changes

Overview

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). FILE is available in English, Hebrew, and Spanish, with additional Spanish versions from Puerto Rico and Spain.

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.

Development of FILE

Cannon (1929) is credited with early experimental work showing that stimuli (e.g., life events) associated with emotional arousal cause changes in physiological processes. Meyer (cited in Leif, 1948), using a life chart in medical diagnosis, demonstrated the relationship between ordinary life events and illness. In explaining this relationship, it has been pointed out that the human body attempts to maintain homeostasis. Any life change which upsets the body's steady state calls for readjustment. Excessive changes tax the body's capacity for readjustment and thereby produce stress. Thus life events are conceived of as stressors which require change in the individual's ongoing life pattern (Holmes & Rahe, 1967). Stress, then, is the organism's physiological and psychological response to these stressors, particularly when there is a perceived imbalance between environmental demands (life changes) and the individual's capability to meet these demands.

Most of the studies showing a positive relationship between life events and illness have used an instrument developed by Holmes and Rahe (1967) that lists 43 events of a family, personal, occupational or financial nature which require some change or readjustment. In the earliest version, the Schedule of Recent Experience (SRE from Hawkins, Davies, & Holmes, 1957), an individual's score was the number of events experienced in a given time period (usually six months to two years). Subsequently, proportional weights were assigned to each event based on the relative amount of readjustment (in terms of intensity and length. of time) required by an individual experiencing each event. An individual's score was the sum of weights associated with each event experienced.

This scale and modifications of it have been used in numerous prospective and retrospective studies over the past decade. Positive relationships have been found between the magnitude of life changes and various criterion correlates, such as heart disease, fractures, childhood leukemia, pregnancy, beginning of prison terms, poor teacher performance, low college grade point averages and college football injuries (Holmes & Masuda, 1974). Efforts to extend life stress research to children have also been undertaken. Most notable are the efforts of Coddington (1972) who developed life events questionnaires for children at preschool, elementary, junior high and senior high levels. Using a weighting scheme similar to that of Holmes and Rahe (1967), he found a consistent increase in life change units

with age Gersten, Langner, Eisenberg, and Orzeck (1974), using their own life event checklist developed for children, found a positive correlation between life events, particularly undesirable events, and measures of psychological impairment in children. While all of the individual life stress questionnaires include some events pertaining to family life, their focus has been on the individual and his or her adaptive reaction to social stressors. To date, this same systematic method of inquiry has not been applied to the family in an effort to quantitatively document the impact of family life events and changes on the family system and individual members.

The concept of *pile-up* has been advanced by Mederer and Hill (1983) as a way of looking at complex multiple role changes occurring within a short time period. This pile-up of changes may constitute a critical role transition and may provide a way to demarcate stages of family development. Recently, the concept of pile-up of family life changes has been redefined as the sum of normative and non-normative stressors and intrafamily strains (H.I. McCubbin & Patterson, 1982b), and provides one possible explanation for why some families may be more vulnerable to a single stressor or lack regenerative power or resiliency to recover from a crisis. If a family's resources to cope with stressors are already overtaxed or exhausted in dealing with other life changes (both normative and situational), family members may be unable to make further adjustment if confronted with additional social stressors. In other words, family life changes are additive and at some point reach a family's limit to adjust to them. At this point, one would anticipate some negative consequences in the family system and/or its member(s).

The first version of FILE (Form A) developed by Hamilton McCubbin, Joan Patterson, and Lance Wilson (1980) consisted of 171 items which were conceptually grouped into eight categories: family development; work; management; health; finances; social activities; law; and extended family relationships. Form A has been used with rural families and families who have a member with a chronic illness, such as cancer, cystic fibrosis, myelomeningocele or cerebral palsy.

The initial selection of items was guided, in part, by those life changes appearing on other individual life change inventories (PERI from Dohrenwend, Krasnoff, Askerasy, & Dohrenwend, 1978; Coddington, 1972; SRRS from Holmes & Rahe, 1967). In addition, situational and developmental changes experienced by families at different stages of the life cycle were included. These items were derived from clinical and research experience with families and from a perusal of the stressors identified in the last decade of family stress research. Each item is worded to reflect a change of sufficient magnitude to require some adjustment in the regular pattern of interaction of family members. The emphasis is on change, which may be either positive or negative.

Conceptual Organization

FILE (Form C) has been reduced to a 71-item self-report instrument which is designed to record the normative and non-normative life events and changes experienced by a family unit (single-parent, two-parent, reconstituted, etc.) in the past year.

As a *family* life changes inventory, all events experienced by *any* member of the family are recorded. This is done because, from a family systems perspective, what happens to anyone member affects the other members to some degree. Families usually are dealing with several stressors simultaneously and FILE provides an index of a family's vulnerability as a result of this pile-up.

The 71 items in FILE (Form C) are grouped into nine scales, using several procedures with data from a sample of 322 families who have a chronically ill child (myelomeningocele or cerebral palsy). Based on the frequency of occurrence of the items and conceptual clarity, the initial pool of items was reduced to 75. Several of these items were, in fact, combinations of two or more items as originally

worded on Form A. Some infrequently occurring items were retained if they were considered major stressors (e.g., death of a parent).

The subscales and items belonging to each subscale are presented in Figure 3.1.

Reliability

This sample was also used to compute alpha reliabilities to indicate internal consistency. The overall reliability (Cronbach's alpha) for the Family Inventory of Life Events and Changes is .72. While scales for FILE were created on the basis of factor analysis, they are not normally used alone as reliable indices of stress, given the wide variance in the frequency of occurrence of family life events.

Cronbach's alpha was computed on the total (N=2740) and sub scale groupings with Sample #1 (N=1330) and Sample #2 (1410). Table 3.1 offers evidence that the findings were replicated with the second sample. The overall scale reliability is .81, with the subscale scores varying from .73 to .30. This indicates that internal consistency is most soundly established by the total scale, with the subscales (except for intrafamily strains) being less stable. Therefore, we recommend that only the total scale score be used, rather than separate subscales.

Figure 3.1
Final File Instrument

Final Instrument

Conceptual Dimensions

- I. Intrafamily Strains.** This scale is made up of 17 items which combine two dimensions. Items: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17.

Conflict – 12 items which reflect sources of tension and conflict between family members. Several items are worded to reflect “an increase” in normative sources of intrafamily strain.

Parenting Strains – Five items related specifically to increased difficulties in enacting the parenting role.

- II. Marital Strains.** There are four items in this scale which measure stressors in the marital role arising from sexual or separation issues. Items: 18, 19, 20, 21.

- III. Pregnancy and Childbearing Strains.** This scale has four items which relate to pregnancy difficulties or adding a new member to the family. Items: 22, 23, 24, 25.

- IV. Finance and Business Strains.** This 12-item scale is comprised of two dimensions. Items: 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37.

Family Finances – Nine items which assess sources of increased strain on a family’s money supply.

Family Business – Three items which reflect strain arising from a family-owned business or from investments.

V. **Work-Family Transitions and Strains.** There are ten items in this scale, which is comprised of two dimensions. Items: 38, 39, 40, 41, 42, 43, 44, 45, 46, 47.

Work Transitions – Four items related to moving in or out of the work force.

Family Transitions and Work Strains – Six items which focus on changes occurring at work or moves made by the family or one of its members.

VI. **Illness and Family “Care” Strains.** This eight-item scale has three dimensions. Item: 48, 49, 50, 51, 52, 53, 54, 55.

Illness Onset and Child Care – Four items reflecting dependency needs arising from injury or illness of a family member or friend or problems with child care.

Chronic Illness Strains – Two items related to the onset of or increased difficulty with chronic illness.

Dependency Strains – Two items reflecting the strain of a member or relative requiring more help or care.

VII. **Losses.** The six items in this scale reflect losses due to the death of a member or friend and due to broken relationships. Items: 56, 57, 58, 59, 60, 61.

VIII. **Transitions “In and Out”.** This scale has five items which reflect a member’s moving out or moving back home, or beginning a major involvement outside the family. Items: 62, 63, 64, 65, 66.

IX. **Legal.** The five items of this scale focus on a member breaking society’s laws or more. Items: 67, 68, 69, 70, 71.

Table 3.1
Alpha Reliabilities on FILE

Family Life Changes	Sample #1 (N=1330)	Sample #2 (N=1410)	Sample #3 (N=2740)
Intrafamily Strains	.71	.73	.72
Marital Strains	.09	.20	.16
Pregnancy and Childbearing Strains	.22	.27	.24
Finance and Business Strains	.58	.61	.60
Work-Family Transition and Strains	.55	.56	.55
Illness and Family Care Strains	.51	.60	.56
Losses	.31	.60	.34
Transitions “In and Out”	.49	.55	.52
Family Legal Violations	.44	.71	.62
Total Scales	.79	.82	.81

Validity

Initial validities of FILE were examined, using the scales on Form C of FILE, which were made by doing discriminant analyses between low conflict families and high conflict families who had a child with (a) cerebral palsy or (b) myelomeningocele. Table 3.2 reveals that high conflict families with a child with cerebral palsy experienced a significantly higher pile-up of life changes in three areas: (a) intrafamily strains; (b) work-family transitions and strains; and (c) total life changes.

Table 3.2
Family Life Changes in Low Versus High Conflict Cerebral Palsy Families

Family Life Changes	Low Conflict		High Conflict		F	p=
	Families		Families			
	Mean	SD	Mean	SD		
Intrafamily Strains	1.34	1.72	2.80	2.69	22.89	.00001
Work-Family Transitions and Strains	1.48	1.58	1.97	1.87	4.35	.0381
Total Life Changes	9.45	5.14	11.82	6.37	9.16	.0028

For families with a child with myelomeningocele, Table 3.3 reveals similar significant differences with intrafamily strains and total life changes, discriminating high conflict and low conflict families.

Table 3.3
Family Life Changes in Low Versus High Conflict Cerebral Palsy Families

Family Life Changes	Low Conflict		High Conflict		F	p=
	Families		Families			
	Mean	SD	Mean	SD		
Intrafamily Strains	1.51	2.05	2.61	2.27	5.86	.0175
Total Life Changes	0.69	6.24	12.98	6.01	6.56	.0121

Test-Retest Reliability

A test-retest reliability study was conducted during November and December of 1981. The time lapse between the first and second administration was four to five weeks. Students from high schools, undergraduate and graduate schools taking courses in psychology and family studies were asked to administer the questionnaire to others not currently involved in family studies coursework. Those administering the questionnaire were also instructed not to inform participants that they would be asked to fill it out again four weeks later. There were 150 respondents; approximately two-thirds were female and one-third male. The mean age was 23 years. The majority of the sample was single and approximately one-quarter were married. Most respondents did not have children and less than one-fifth had one to ten children. The majority of participants responded to the questionnaire from the reference point of their family of origin and approximately one-quarter of the respondents answered the items with reference to the family they live in presently. Table 3.4 offers the Pearson correlations for each of the nine factors and the total scale for Time #1 and Time #2. Percent agreements on all individual items were also computed, ranging between .72 and .77.

Both analyses indicate acceptable reliability over time.

Additional Validity Checks

Validity assessments of FILE were made by correlating the ten scales from FILE (nine subscales and Total Recent Life Changes) with a measure of family functioning-the Family Environment Scales (FES) (Moos, 1974). We hypothesized that a pile-up of life changes would be negatively correlated with desirable dimensions of the family environment and positively correlated with undesirable characteristics of the family environment.

Table 3.4
Pearson's Correlations on Test-Retest Reliability
(N=125)

Scale	r=
Intrafamily Strains	.73
Marital Strains	.68
Pregnancy/Childbearing Strains	.84
Financial Business Strains	.64
Work-Family Transitions and Strains	.80
Illness/Family "Care" Strains	.66
Losses	.71
Transitions "In and Out"	.72
Family Legal Violations	.83
Total Scale	.80

Table 3.5 indicates that, as predicted, Total Recent Life changes correlated negatively with the FES dimensions of cohesion (.24), independence (-.16) and organization (-.14), and correlated positively with conflict (+.23). The moderately high correlations in the predicted direction between the FILE scale, Intrafamily Strains and six indices of family functioning (cohesion, expressiveness, conflict, independence, organization and control) support the construct validity of FILE in that strains within the family would be expected to impact upon the way the family unit functions together.

The predictive validity of the original 171-item FILE was assessed by correlating the eight categories of events and Total Life Changes with the health status of 100 children with cystic fibrosis (CF). The health criterion index consisted of the difference in pulmonary functioning measures recorded for these children at two clinic visits. These visits occurred six and nine months after the time period for which family life events and changes were recorded. Table 3.6 indicates that a pile-up of family life changes in the categories of (a) development and relationships, (b) management and decisions, (c) health, (d) finances, and (e) Total Life Changes were negatively correlated with a CF child's pulmonary functioning. For example, the child's health declined with a pileup of family life changes.

Scoring Procedures

The Family Inventory of Life Events and Changes is designed to be administered to either one or both adult members of the family unit. Preferably, couples should complete the inventory separately and both scores used to determine the level of family stress. The respondent is asked to record (that is, check Yes or No) the life events and strains that happened to any member of the family unit and to the family as a

group during the past year. *Family* is defined as a group of two or more persons living together who are related by blood, marriage, or adoption. This includes persons who live with you and to whom you have a long-term commitment.

Table 3.5
Correlations Between Family We Changes (FILE) and Family Functioning (FES)

Family Life Changes	Indices of Family Functioning					
	Cohesion	Expressiveness	Conflict	Independence	Organization	Control
Intrafamily Strains	-.41***	-.19***	+.42***	-.26**	-.21**	.14*
Marital Strains	-.15**	.03	+.14*	.00	-.04	-.03
Pregnancy/Childbearing Strains	.05	.06	-.04	.04	.07	-.1
Financial Business Strains	-.01	-.06	-.02	-.06	-.02	.04
Work-Family Transitions and Strains	-.11	.03	+.17**	-.07	-.07	-.02
Illness/Family "Care" Strains	-.07	.04	-.02	-.08	.00	.03
Losses	-.00	.02	.01	.06	.02	-.02
Transitions "In and Out"	-.01	.09	.03	.06	-.12*	-.00
Family Legal Violations	-.09	-.10	.06	-.18*	-.04	.08
Total Recent Life Changes	-.24**	-.07	+.23**	-.16*	-.14*	.06

* $p \leq .05$

** $p \leq .01$

*** $p \leq .001$

Table 3.6
Correlations Between Family Life Changes (FILE) and Indices of CF Children's Health

Family Life Changes Which Occurred 7-12 Months Ago	Change in Height/Weight	Change in Pulmonary Function
Development & Relationships	.07	-.19*
Extended Family Relationships	.04	.06
Work	-.14	.02
Management & Decisions	-.15	-.28**
Health	-.08	-.24
Social Activities	.02	-.11
Finances	-.04	-.19*
Law	.01	.14
Total Life Change	-.06	-.26

*p ≤ .05

**p ≤ .01

FILE may be scored five ways, depending upon the purpose and ultimate use of the statistical information in research and/or counseling. Descriptions of the five possible scores follows (H.I. McCubbin & Patterson, 1983c).

Family Life Events Score. FILE is completed by adult family members together. This score is computed by giving each of the Yes responses a score of one. The Yes responses are summed to arrive at a score for each of the subscales and the total pile-up scale. The list below will help in determining which items belong to each subscale.

Family-couple Life Events Score. FILE is completed separately by each partner. A family-couple score is computed by examining the two completed instruments simultaneously, one item at a time. If either or both partners recorded Yes on an item, the family-couple score would be a Yes and would be given a score of one. This is done for each of the items. The items are then summed for each subscale and the total pile-up scale. The list below will help in determining which items belong to each subscale. This scoring procedure is based on the assumption that partners may actually observe and/or experience different family life events or strains by virtue of differences in the ways each experiences family life. Therefore, each member's observations and responses would be treated as a valid record of family stressors and strains.

Family-couple Discrepancy Scores. FILE is completed separately by each partner. By scoring the independent responses of each member of the couple together, we can determine the number of discrepancies or differences between the male partner's record and the female partner's record of stressors and strains. Each discrepancy (that is, one member recorded Yes and the other No) is given a score of one and summed for both the subscales and the total pile-up scale. The list below will help in determining which items belong to each subscale. It is important to note that the scores derived through this procedure are indices of differences in couple observations and experiences, and can be viewed as possible areas of couple miscommunication or separation, as well as over or understatement of family stress. These scores are not normally viewed as indices of how much stress or distress the family may be experiencing. However, the differences in couple observations, particularly around sensitive areas of family life such as intrafamily strains, are extremely valuable in stimulating meaningful interaction in the counseling interview.

The two remaining procedures for calculating family stress scores are based on a methodology developed by Holmes and Rahe (1967) in which each life event and strain is assigned a standard weight that indicates the relative magnitude and intensity of the event or strain. Standardized family weights have been assigned to each of the items in FILE. These weights indicate the relative stressfulness of items, that is, the degree of social readjustment an average family will make in its usual pattern of life as a result of experiencing each event. or strain. The standardized weights for the 71 FILE items are presented in the FILE instrument.

Family Readjustment Score. FILE is completed by adult family members together. This score is computed by assigning the standard weight for each life event and strain that the respondent(s) recorded as Yes (that is, it happened during the past year). Then the standard weights are added up to give a family readjustment score for the subscales and the total pile-up scale. The list below will help in determining which items belong to each subscale.

Family-couple Readjustment Score. FILE is completed separately by each partner. Following the same procedure described for family-couple life events scores, each item recorded Yes by either or both partners is assigned the appropriate standardized weight (see FILE instrument). These weights are summed to obtain sub scale scores and the total pile-up family-couple readjustment score. The list below will help in determining which items belong to each subscale.

Subscale 1:	Intrafamily Strains	1 through 17
Subscale 2:	Marital Strains	18 through 21
Subscale 3:	Pregnancy & Childbearing Strains	22 through 25
Subscale 4:	Finance and Business Strains	26 through 37
Subscale 5:	Work-Family Transitions & Strains	38 through 47
Subscale 6:	Illness & Family "Care" Strains	48 through 55
Subscale 7:	Losses	56 through 61
Subscale 8:	Transitions "In and Out"	62 through 66
Subscale 9:	Family Legal Violations	67 through 71

Given our interest in counseling families regarding stress and our instinctual feeling that family life events and strains are not all equal in demand (that is, the death of a spouse is more stressful than conflict with in-laws), we will emphasize the use of the last two scoring procedures throughout the remainder of this chapter.

Norms and/or Comparative Data

Family research on development, transitions and stress has pointed to the obvious fact that stressful life events and strains are in part a function of the family's position in the stages of the family life cycle. For example, the probability of a family experiencing the death of a member increases as the family moves into the later stages of the family cycle. Therefore, it would be advantageous if the norms for family stress were established by stage of the family cycle, rather than developed for all families in a total group.

Through the use of data obtained on 1140 couples, or 2280 individuals, who were representative of seven stages of the family life cycle, we were able to calculate normative data so that families completing FILE could be compared with other families at their respective stages of development (Olson, H.I. McCubbin, Barnes, Larsen, Muxen, & Wilson, 1983). The seven stages of the family cycle and the norms for each stage (based on the family-couple readjustment scores) are presented in Table 3.7.

National norms based on approximately 980 couples (1,960 individuals) included in this study of families are indicated in Table 3.8. This sample includes couples across the family life cycle from young couples to those retired.

Additional comparative data from a recent study on families with children with chronic illness are presented in Tables 3.9 through 3.12.

Instrument Utilization for Research

To facilitate the review of research involving the use of FILE, a summary table of related publications is provided. This table includes the authors, subjects, reliabilities, and notations on findings. The results of our review of FILE are presented in Table 3.13.

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., & Wilson, L. (1983). Family Inventory of Life Events and Changes (FILE). In H.I. McCubbin, A.I. Thompson, & M.A. McCubbin (1996). *Family assessment: Resiliency, coping and adaptation-Inventories for research and practice*. (pp. 103-178). Madison: University of Wisconsin System.
3. A modified version of FILE was used in a study of Midwestern farm families. If you would like to see a copy of this instrument and its psychometric data, please write to the project. There will be a charge for these additional materials.

Table 3.7
Comparative Data for Family Pile-Up Over the Family Cycle

Family Stage		Stress Level ^a			
		Mean	Low	Moderate	High
I.	Couple	478	0-210	211-719	720+
II.	Preschool	530	0-220	221-839	840+
III.	School age	500	0-265	266-734	735+
IV.	Adolescent	545	0-240	241-849	850+
V.	Launching	635	0-320	321-949	950+
VI.	Empty Nest	425	0-160	161-689	690+
VII.	Retirement	395	0-75	76-699	700+

^a Cut off scores for moderate stress levels were determined by the mean and one standard deviation above and below; low stress levels were those more than one standard deviation below the mean; and high stress levels were those more than one standard deviation above the mean. Cut-off scores were rounded off to even numbers.

Table 3.8
Comparative Data on FILE Total Sample – Across Life Cycle

Raw Score	Husbands (N=981)	Wives (N=987)	Family Scores (N=1997)
1 (Low Stress)	95	97	96
2	91	93	92
3	86	90	88
4	79	84	81
5	72	77	75
6	66	72	69
7	58	66	62
8	51	59	55
9	44	50	47
10	36	45	40
11	31	37	34
12	25	33	29
13	20	27	24
14	16	22	20
15	13	17	15
16	11	13	12
17	10	10	10
Mean	8.42	9.21	8.8
Mode	10.84	10.42	9.6
SD	6.104	5.6	5.87
Skewness	-1.911	-0.64	-1.326
Kurtosis	9.54	0.511	5.484
Range	57	34	57

Table 3.9
Mothers of Children with Cardiac Illness Time 1
Family Inventory of Life Events and Changes
(N=107)

Raw Scores	Standard Scores	Cumulative Percentiles
0-1	-2.0	.9
2	-1.8	1.9
3	-1.6	3.7
4	-1.5	9.3
5	-1.3	12.1
6	-1.1	16.8
7	-0.9	20.6
8	-0.8	24.3
9	-0.6	34.6
10	-0.4	40.2
11	-0.3	43.9
12	-0.1	51.4
13	+0.1	57.0
14	+0.2	65.4
15	+0.4	70.1
16	+0.6	75.7
17	+0.7	78.5
18	+0.9	83.2
19	+1.1	86.9
20	+1.2	88.8
21	+1.4	90.7
22	+1.6	93.5
23	+1.8	96.3
24-25	+2.1	97.2
26	+2.3	99.1
27-71	+2.4	100.0

Mean = 12.617

SD = 5.922

Range = 26

Kurtosis = -.439

Skewness = .323

Mode = 9.0

Table 3.10
Fathers of Children with Cardiac Illness Time 1
Family Inventory of Life Events and Changes
(N=92)

Raw Scores	Standard Scores	Cumulative Percentiles
0-1	-1.8	1.1
2-3	-1.5	8.7
4	-1.3	12.0
5	-1.1	15.2
6	-1.0	22.8
7	-0.8	26.1
8	-0.6	35.9
9	-0.5	41.3
10	-0.3	46.7
11	-0.1	62.2
12	0.0	56.5
13	+0.2	62.0
14	+0.4	68.6
15	+0.6	71.7
16	+0.7	77.2
17	+0.9	81.5
18	+1.0	85.9
19	+1.2	90.2
20	+1.4	93.5
21-22	+1.7	94.6
23	+1.9	96.7
24-25	+2.2	97.8
26	+2.4	98.9
27-71	+2.7	100.0

Mean = 11.728

SD = 6.016

Range = 27

Kurtosis = -.370

Skewness = .437

Mode = 8.0

Table 3.11
Mothers of Children with Diabetes Time 1
Family Inventory of Life Events and Changes
(N=73)

Raw Scores	Standard Scores	Cumulative Percentiles
0	-1.9	1.4
1-2	-1.5	5.5
3	-1.4	9.6
4-5	-1.0	13.7
6	-0.8	21.9
7	-0.6	28.8
8	-0.5	38.4
9	-0.3	46.6
10	-0.1	57.5
11	+0.1	65.8
12	+0.3	71.2
13	+0.4	74.0
14	+0.6	78.1
15	+0.8	83.6
16	+1.0	89.0
17	+1.2	91.8
18	+1.3	93.2
19-20	+1.7	94.5
21	+1.9	95.9
22-25	+2.6	98.6
26-71	+3.5	100.0

Mean = 10.548

SD = 5.668

Range = 30

Kurtosis = 1.696

Skewness = .970

Mode = 10.0

Table 3.12
Fathers of Children with Diabetes Time 1
Family Inventory of Life Events and Changes
(N = 62)

Raw Scores	Standard Scores	Cumulative Percentiles
0-1	-2.0	3.2
2	-1.8	4.8
3-4	-1.3	11.3
5	-1.1	17.7
6	0.9	24.2
7	-0.7	32.3
8	-0.5	35.5
9	-0.3	43.5
10	0.0	48.4
11	+0.2	62.9
12	+0.4	67.7
13	+0.6	72.6
14	+0.8	83.9
15	+1.0	90.3
16	+1.2	93.5
17	+1.4	95.2
18-19	+1.9	96.8
20-21	+2.3	98.4
22-71	+2.7	100.0

Mean = 10.226

SD= 4.688

Range = 22

Kurtosis = -.008

Skewness = .237

Mode =11.0

Table 3.13
Family Inventory of Life Events and Changes (FILE): Select Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Adaskin, E. (1987)	Families relocated to a new city in Texas within 2 years prior to the study	53	NA	<ul style="list-style-type: none"> • Doctoral Dissertation • The Subjects showed lower than normal means on 7 of the 9 FILE subscales. The two elevated scales were intrafamily & work-family strains
Alcini O'Brien, B. (1992)	Parent dyads who had a son with a learning disability & parent dyads who had a son with no academic difficulties	56	NA	<ul style="list-style-type: none"> • Doctoral Dissertation • No significant differences in life events between the 2 groups
Artinian, N.T. (1991)	Women whose husbands were hospitalized for coronary bypass surgery & 6 weeks after discharge	86	.86	<ul style="list-style-type: none"> • Only measured stress levels before surgery & these were below the norm
Artinian, N.T. (1992)	Women whose husbands were alive 1 year after first bypass surgery	49	.82	<ul style="list-style-type: none"> • No differences were reported in family life stressors across three periods of time
Atkins, R., & Amenta, M. (1991)	Families of persons with AIDS & Hospice patients with other terminal illnesses	52	.81	<ul style="list-style-type: none"> • Persons with AIDS & families experienced significantly greater stressors & strains in comparison to hospice clients & their families
Auslander, W.F., Bubb, J., Rogge, M., & Santiago, J.V. (1993)	Children recently diagnosed with insulin-dependent diabetes mellitus	53	.81	<ul style="list-style-type: none"> • Family stress in normal range, but high stress families more vulnerable to additional stressors • Family stress related to HbA1 (measure of child's level of metabolic control)
Barton, K., & Baglio, C. (1993)	Parents of abused children	137	NA	<ul style="list-style-type: none"> • Factor analysis of FILE with 10 factors rotated • Unique to the sample were problems with teenagers, violence, separation & job stress

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Barton, K., Baglio, C., & Braverman, M. (1994)	Families at risk for having at least one child removed from the home for child abuse: compared in-home treatment & traditional county services	137	NA	<ul style="list-style-type: none"> • Reexamined FILE on 137 families & identified 10 factors
Beach, E.K., Maloney, B.H., Plocica, A.R., Sherry, S.E., Weaver, M., Luthringer, L., & Utz, S. (1992)	Married couples in which one of the pair experienced an acute myocardial infarction	17	.81	<ul style="list-style-type: none"> • Test-retest reliability, 4-5week period: .80 • Significant positive relationship between spouse stress & patient's recovery at 3 & 6 months
Beach, E.K., Nagy, C., Tucker, D., & Utz, S. (1988)	Longitudinal study of persons experiencing their first myocardial infarction	30	.78	<ul style="list-style-type: none"> • Stressors not related to recovery, but this was attributed to older sample with few of life's changes
Benter, S. (1990)	Families in which a child underwent a tonsillectomy	41	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
Berkson, D. (1992)	NA	NA	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
Berman, R. (1994)	NA	NA	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
Bertulfo, A.C. (1993)	NA	NA	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
Bigbee, J. (1992)	Families in which at least one child under the age of 18 was living in the home	105	.72	<ul style="list-style-type: none"> • The correlational findings support the hypothesis that family illness occurrence is positively related to family stress levels as a whole as well as just negative life events

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Campbell, D.H. (1995)	NA	NA	NA	• Doctoral Dissertation
Carlson-Green, B., Morris, R., & Krawiecki, N. (1995)	Families of children with heterogeneous brain tumors	63	NA	• Families with fewer negative life changes had children with fewer behavioral problems
Castro, M.S. (1995)	NA	NA	NA	• Doctoral Dissertation
Dennis, S. (1993)	NA	NA	NA	• Doctoral Dissertation
Dudley, J.A. (1993)	NA	NA	NA	• Doctoral Dissertation
Duong, D. (1994)	NA	NA	NA	• Doctoral Dissertation
Ethridge, R. (1996)	NA	NA	NA	• Master's Thesis
Fong, J. (1993)	NA	NA	NA	• Doctoral Dissertation
Gartland, H. (1995)	NA	NA	NA	• Doctoral Dissertation
Giard, J. (1995)	NA	NA	NA	• Master's Thesis
Hass, D. (1990)	Parents of children diagnosed with severe chronic childhood illnesses	230	NA	• Doctoral Dissertation
Halvorsen, J.G. (1991)	Families randomly selected from family practice clinics in Minnesota & University of Minnesota faculty & staff	382	.72	• Stressors positively correlated with family stress & negatively with level of social support
Hankin, D. (1994)	NA	NA	NA	• Doctoral Dissertation

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Hankin, D. (1995)	NA	NA	NA	• Doctoral Dissertation
Hansen, C.H. (1993)	NA	NA	NA	• Doctoral Dissertation
Harvery, L. (1993)	NA	NA	NA	• Doctoral Dissertation
Hemer, K.M. (1993)	NA	NA	NA	• Master's Thesis
Hiam, M. (1992)	NA	NA	NA	• Doctoral Dissertation
Hill, E. (1993)	NA	NA	NA	• Doctoral Dissertation
Hites, S.G. (1994)	NA	NA	NA	• Master's Thesis
Huang, C. (1993)	NA	NA	NA	• Doctoral Dissertation
January, K. (1996)	NA	NA	NA	• Doctoral Dissertation
Jones, N. (1995)	NA	NA	NA	• Doctoral Dissertation
Kunnie, T.Y. (1992)	NA	NA	NA	• Doctoral Dissertation
Kupper, K.A. (1994)	NA	NA	NA	• Doctoral Dissertation
Lavee, Y., McCubbin, H.I., & Olson, D.H. (1987)	Caucasian middle class, Protestant families in each family life stage, from rural & urban areas	1140	.73	• LISREL analysis: Stressful life events & transitions contributed to family strain, had adverse affect on marital adjustment & well-being

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected 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	.72	<ul style="list-style-type: none"> Moderate levels of stress were experienced
Lee, Y. (1995)	NA	NA	NA	<ul style="list-style-type: none"> Doctoral Dissertation
Lipp, E.J., & Trimble, N. (1993)	White adolescent males in high school (football athletes & non-football players)	82	NA	<ul style="list-style-type: none"> No differences were reported in family life stressors across three periods of time
LoBiondo-Wood, G., Bernier-Henn, M., & Williams, L. (1992)	Family adaptation for mothers of children with liver transplant	58	.81	<ul style="list-style-type: none"> Family stress was not related to family adaptation after 1st year post-transplant Family stress was related to adaptation during the 1st year post-transplant
Macbeth, D. (1992)	NA	NA	NA	<ul style="list-style-type: none"> Doctoral Dissertation
Mather, M.S. (1993)	NA	NA	NA	<ul style="list-style-type: none"> Doctoral Dissertation
McCubbin, H.I., & Patterson, J. (1983)	Independent samples (2) of husbands & wives representing all stages of family life cycle	2740	.81	<ul style="list-style-type: none"> Two independent factor analyses revealed essentially the same factor of 9 subscales. Pile-up (FILE) related to negative changes in health status of children with cystic fibrosis. The greater the stress the greater the decline in functioning. Pile-up (FILE) was inversely related to family functioning, with family cohesion, independence & family organization.
McCubbin, H.I., & Patterson, J.M. (1983)	Families with a child diagnosed with cerebral palsy	217	.72	<ul style="list-style-type: none"> Pile-up as measures by FILE discriminated between balanced & imbalanced family groups. Family financial strains & family illness strains were greater

for balanced families.

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
McCubbin, M.A. (1989)	Single-parent families of children with cerebral palsy, matched to two-parent families based on severity of impairment	166	.72	<ul style="list-style-type: none"> No differences were reported in family stress between single- & two-parent families
Mckoy, Y.D. (1996)	NA	NA	NA	<ul style="list-style-type: none"> Doctoral Dissertation
Mernc, A.P. (1994)	NA	NA	NA	<ul style="list-style-type: none"> Doctoral Dissertation
Michaelis, C.A., Warzak, W.J., Stanek, K., & Van Riper, C. (1992)	Caregivers of children fed by gastronomy tube	24	NA	<ul style="list-style-type: none"> Stress was positively related to problems in tube feedings
Mims, J. (1994)	NA	NA	NA	<ul style="list-style-type: none"> Doctoral Dissertation
Morena, P. (1995)	NA	NA	NA	<ul style="list-style-type: none"> Doctoral Dissertation
Mullen, P., Smith, R., & Hill, E. (1993)	Patients (42) who were receiving chemotherapy & spouses (32)	74	NA	<ul style="list-style-type: none"> Four subscales were used: 1) intrafamily strains, 2) work-family transitions & strains, 3) illness & family care strains, 4) losses. Intrafamily strain showed a moderate but significant correlation with psychological stress.
Murata, J. (1994)	African-American mother-son dyads; single mother & son's problem behavior, low-income families	21	NA	<ul style="list-style-type: none"> High family stress related to mother's verbally aggressive conflict tactics, mother's aggression & son's internalizing behavior. Family stress was inversely related to social support

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Murata, J. (1995)	Mother-son dyads: low-income African- American single mothers & their sons aged 5-12	21	NA	<ul style="list-style-type: none"> Data indicated that an increase in family stress was directly associated with an increase in sons' behavior problems
Myers, H.F., Taylor, S., Alvy, K.T., Arrington, A., & Richardson, M.A. (1992)	Families with children 6-8 years of age; predicators of behavior problems in inner-city African-American children	441	NA	<ul style="list-style-type: none"> Combined with role strain index (SRSQ) to create family stress load Findings: family stress load related to all parental & family risk attributes For African-American girls & boys: family stress load significantly related to child problem behaviors
Nolan, M.T., Cupples, S.A., Brown, M., Pierce, L., Lepley, D., & Ohler, L. (1992)	Family members of patients on active list for cardiac transplantation	38	.89	<ul style="list-style-type: none"> Family stress as measured by FILE, no differences in stress scores among the different institutions
Olson, D., McCubbin, H.I., Barnes, H., Larsen, A., Muxen, M., & Wilson, M. (1983)	Families at different stages of the life cycle	1140	.81	<ul style="list-style-type: none"> Resources predicting high & low-stress families varied according to the life cycle. Accurate as a predictor of high & low stress families, was best with young couples (97%) & lowest with families with adolescents (75%).
Parkerson, G.R., Broadhead, W.E., & Tse, C.J. (1991)	Adult families practice patients of Duke-Watts Family Medicine Center	249	NA	<ul style="list-style-type: none"> Stress negatively related to Duke health measures FILE used as validation index for Duke Social Support & Stress Scale
Patterson, J.M. (1985)	Two-parent families of children with cystic fibrosis	72	.82	<ul style="list-style-type: none"> Pile-up of stressors & strains not related to parental compliance in care of children with CF.

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Patterson, J., & McCubbin, H.I. (1983)	Families with one or more children with cystic fibrosis	100	.82	<ul style="list-style-type: none"> • A pile-up of life changes over a 6 month period was negatively associated with status of ill child. • Pulmonary functioning was the most sensitive to changes in stress. • Four categories of life changes significantly correlated with decrease in functioning: a) family development & relationships, b) family management & decisions, c) family & health, & d) finances.
Patterson, J., McCubbin, H.I., & Warwick, W. (1990)	Families with members with cystic fibrosis	72	.82	<ul style="list-style-type: none"> • Family appraisal of difficulty (FILE) related to decline in height & weight
Piatkowski, C.A. (1993)	NA	NA	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
Porter, D.S. (1993)	NA	NA	NA	<ul style="list-style-type: none"> • Master's Thesis
Ray, J. (1994)	NA	NA	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
Reeder, J. (1990)	Families of patients treated in two Level I trauma centers	NA	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
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	<ul style="list-style-type: none"> • Mothers in the incest group reported a highly elevated stress level.

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Rivara, J.B., Jaffe, K.M., Fay, G.C., Polissar, .L., Martin, K.M., Shurtleff, H.A., & Liao, S. (1993)	Children with traumatic brain injury (ranging from mild to severe) & their families	94	.81	• Families indicated substantial pre-injury intrafamily stressors.
Robles, N.C. (1996)	NA	NA	NA	• Master's Thesis
Scott, L.S. (1992)	NA	NA	NA	• Doctoral Dissertation
Scott, L.S. (1993)	NA	NA	NA	• Doctoral Dissertation
Shin, H. (1995)	NA	NA	NA	• Doctoral Dissertation
Smith, R., & Robinson, R. (1995)	Individuals who had an immediate family member diagnosed with HIV infection or AIDS	28	NA	• No significant differences between mean scores for perceived accumulation of stressors between those whose family member was homosexual versus those whose relative was heterosexual
Stephenson, C. (1992)	NA	NA	NA	• Doctoral Dissertation
Sund, K., & Ostwald, S.K. (1985)	Dual-earner families with children 6 years old or younger	92	.72	• Satisfaction with child care, necessity of separate vacations, & satisfaction with income all negatively related to family stress
Supple-Diaz, L., & Mattison, D. (1992)	Pilot survey of Master's level oncology social workers	27	NA	• Master's Thesis
Suranjjojo, S. (1992)	NA	NA	NA	• Master's Thesis

Table 3.13 (continued)
Family Inventory of Life Events and Changes (FILE): Selected Published Reports

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Svavarsdottir, E. (1992)	NA	NA	NA	<ul style="list-style-type: none"> • Master's Thesis
Swift, D.L. (1993)	NA	NA	NA	<ul style="list-style-type: none"> • Doctoral Dissertation
Tak, Y. (1994)	Families with a child under age 12 newly diagnosed with congenital heart disease within the last 3-4 months	92	.81	<ul style="list-style-type: none"> • Doctoral Dissertation • There was a significant negative correlation between family stress & maternal perceived social support. • Severity of illness & age at diagnosis were non-significant to overall family stress.
Teague, B.R., Fleming, J.W., Castle, A., Kiernan, B.S., Lobo, M.L., Riggs, S., & Wolfe, J.G. (1993)	Caregivers of chronically ill, technology dependent children	73	NA	<ul style="list-style-type: none"> • Stresses & strains were significantly lower for the highly-satisfied group.
Thoma, M.E., Hockenberry-Eaton, M., & Kemp, V. (1993)	Families with children with cancer & healthy children	38.	.82	<ul style="list-style-type: none"> • Cancer group experienced significantly greater amount of family stress, both in number & types of life events & changes.
Torres, A. (1995)	NA	NA	NA	<ul style="list-style-type: none"> • Master's Thesis
Van Solkema, J.M. (1995)	NA	NA	NA	<ul style="list-style-type: none"> • Master's Thesis

Table 3.13 (continued)**Family Inventory of Life Events and Changes (FILE): Selected Published Reports**

Author(s)	Sample	N Count	Alpha Reliability	Validity Notes
Wagner, J., & Menke, E.M. (1991)	Homeless, poor domiciled, & low- income domiciled mothers	86	.81	<ul style="list-style-type: none">• Mothers high in intrafamilial, financial & business strains, high in work & family transitions• Homeless higher in comparison to low- income n intrafamily, marital, & financial strains
Wells, K, & Whittington, D. (1993)	Youths (10-17 years old) referred to residential treatment at a private nonprofit mental health agency	111	NA	<ul style="list-style-type: none">• On average, study families had higher recent & past stress than did nonclinical families.

FILE

FAMILY INVENTORY OF LIFE EVENTS AND CHANGES

Hebrew Version

מידת הקושי כיום	מידת הקושי שנוצר	האם דבר זה קרה במשפחה ב-12 התודשים האחרונים	מס'תשי'	קידוד
(1-10)	(1-10)	(x)		
-----	-----	-----	15. אחז מבני המשפחה רכש מכונית או פריט יקר אחר.	-----
-----	-----	-----	16. עליה משמעותית בחוב בשלי שימוש יתר בכרטיסי אשראי	-----
-----	-----	-----	17. ההוצאות בתחום הבריאות עלו ומכבידות על התקציב המשפחתי.	-----
-----	-----	-----	18. לחץ על תקציב המשפחה כתוצאה מעליה בהוצאות לביגוד הנעלה חשמל טלפון וכו'.	-----
-----	-----	-----	19. לחץ על תקציב המשפחה כתוצאה מעליה בהוצאות לחינוך.	-----
-----	-----	-----	20. איחורים בקבלת גמלאות המוסד לבטל"א (ילדים, אמהות, נכות, דמי מזונות וכו').	-----
			<u>ד. מעברים ולחצים בתחום התעסוקתי</u>	
-----	-----	-----	21. בן משפחה שינה עבודה או כיוון תעסוקתי	-----
-----	-----	-----	22. בן משפחה פוטר או התפטר ממקום עבודתו.	-----
-----	-----	-----	23. בן משפחה התחיל או שב לעבודתו	-----
-----	-----	-----	24. בן משפחה הצטיק לעבוד תקופה ממושכת (שביתה פיוזורים, חופשה ללא תשלום).	-----
-----	-----	-----	25. ירידה בשביעות רצונן מהעבודה/קריירה.	-----
-----	-----	-----	26. אחז מבני המשפחה התקדם בעבודה או קיבל יותר אחריות בעבודה.	-----

מידת הקושי כיום	מידת הקושי שנוצר	האם דבר זה קרה במשפחה ב-12 החדשים האחרונים	קידוד	מס'תש'
(1-10)	(10-1)	X		
-----	-----	-----	27. האט המשפחה עברה לדירה או בית חדש	-----
-----	-----	-----	ה. <u>מתחים הנובעים מחולי</u>	-----
-----	-----	-----	28. בן זוגך חלה או נפצע בצורה חמורה	-----
-----	-----	-----	29. ילד/ך חלה או נפצע באופן חמור	-----
-----	-----	-----	30. קרוב משפחה הפך לנכה חולה כרוני, או אושפז במוסד	-----
-----	-----	-----	31. קושי רב יותר בטיפוח בן משפחה חולה או נכה.	-----
-----	-----	-----	32. אחריות רבה יותר לטיפוח יסוד או סיוע כספי להודי בעלך/הודיך	-----
-----	-----	-----	33. קשיים רבים יותר בטיפוח בילדייך.	-----
-----	-----	-----	ו. <u>אובדנים</u>	-----
-----	-----	-----	34. בן זוג נפטר	-----
-----	-----	-----	35. ילד נפטר	-----
-----	-----	-----	36. מוות של הודי בערך/ הודיך או בן משפחה קרוב	-----
-----	-----	-----	37. אחוז מבני המשפחה נפרד מחבר/ה קרוב/ה.	-----