

# Young Adult Family Inventory of Life Events and Strains (YA-FILES)

The Young Adult Family Inventory of Life Events and Strains (YA-FILES), developed by Hamilton McCubbin, Joan Patterson and Janet Grochowski (1984), is designed to assess the life strains and changes impacting on young adults transitioning to college life. YA-FILES is a modification of Adolescent-Family Inventory of Life Events and Changes (A-FILE) developed and tested by H.I. McCubbin, Patterson, Bauman, and Harris (H.I. McCubbin & Patterson, 1981c) to assess adolescent stress.

## Sample Items:

"Read each family life change and decide if it happened in your family during the last 6 months. Mark one of the following responses:

Yes, the change happened to me personally

Yes, the change happened to another family member (not me)

No, the change did not happen to any member of my family"

\*Parent quit or lost a job

\*Parents separated or divorced

\*Parents remarried

"Read each college change and decide if it happened to YOU during the last 6 months. Check YES or NO"

\*Felt pressure from your parents to succeed in college

\*Had conflict or hassles with your roommate(s)

\*Felt lonely because you missed your family

Available in: [English](#)

