

## Stress and Adversity Inventory (STRAIN) Screener for Adults

(v1.0 | Free to download at: <https://www.strainsetup.com>)

Below is a list of stressful life events or circumstances that you may have experienced.  
Please indicate whether you experienced the situation **at any point during your lifetime...**

	Yes	No
1) You experienced a difficult move that disrupted your daily life?		
2) You lived without enough space or privacy?		
3) You had difficulty paying for basic things <u>in adulthood</u> , such as food or rent?		
4) You were laid off or fired from a full-time job?		
5) You had difficulty caring for a child (e.g., problems with childcare or paying for basic needs)?		
6) You had a child move out of the house for an upsetting reason?		
7) You experienced bullying (e.g., name calling, humiliation, rejection) <u>during childhood</u> ?		
8) You separated from parent or caregiver for at least one month <u>during childhood</u> ?		
9) You found out that a partner was unfaithful to you?		
10) You went through a divorce or serious relationship break-up?		
11) You had major legal problems with a partner or spouse (e.g., financial, custody issues)?		
12) You provided care for a close friend or family member who had a major health problem?		
13) You had a loved one with a mental illness (e.g., severe anxiety, depression, drug problem)?		
14) You had a friend or loved one who was abused (e.g., emotional, physical, or sexual abuse)?		
15) A close friend or loved one passed away?		
16) Your father passed away?		
17) You experienced emotional abuse (e.g., invalidated, blamed, threatened, or humiliated)?		
18) You experienced physical abuse (e.g., bruised, hit, restrained, or physically harmed)?		
19) You were assaulted or attacked (e.g., someone tried to hurt, molest, or rape you)?		
20) You experienced ongoing sexual abuse (e.g., raped, molested, or unwanted sexual contact)?		
<b>TOTAL</b>		