

Psychiatric University Hospital Zurich, Division of Clinical Psychiatry

ZURICH LIFE EVENT CHECKLIST

Z L E C L

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STUDY	[_ _ _ _]	1-4
GROUP	[_ _]	5-6
PATIENT	[_ _ _]	7-9
RATING DAY	[_ _ _]	10-12
CARD NUMBER	[_ _]	13-14
Sex (1=male, 2=female)	[_]	15
Birthday (dd.mm.yyyy)	[_ _ : _ _ : _ _ _ _]	16-23
Date of hospitalization (dd.mm.yyyy)	[_ _ : _ _ : _ _ _ _]	24-31
First diagnosis	[_ _ _ . _ _]	32-36
Second diagnosis	[_ _ _ . _ _]	37-41
Diagnostic system (1=ICD9, 2=ICD10, 3=DSM3-R, 4=DSM4)	[_]	42
Age at onset	[_ _]	43-44
Course (1=first manifestation, 2=intermittent, 3=progredient, 4=chronic)	[_]	45
Duration of Current Episode Prior to Hospitalization (days)	[_ _ _]	46-48
Medication Prior to Hospitalization (0=none, 1=antidepr., 2=neuroleptics, 3=other)	[_]	49
Current Medication (cf. list of codes)	[_ _ _]	50-52
Educational level (1=remedial, 2=junior high, 3=high, 4=college)	[_]	53
DATE (dd.mm.yyyy)	[_ _ : _ _ : _ _ _ _]	54-61
INTERVIEWER	[_ _ _]	62-64
HOSPITAL	[_ _]	65-66
PATIENT ID (the hospital's internal PID)	[_ _ _ _ _ _ _ _ _ _]	67-78



Please rate each possible "life event" which you have experienced, whether recently or in the distant past. Rate each event's impact on your life, and possibly on your illness, on a scale from "+4" (the most positive) to "-4" (the most negative), with "0" being neutral. Mark events which you have not experienced with a cross "X".

When rating the impact of each of the events listed below, please combine the following issues: (1) how desirable or undesirable this event was, (2) how successful you were in managing the event, (3) how expected or unexpected the event was, and (4) how much the event could raise or lower your long-term stability and/or self-esteem.

Card number		1-12 dupl	
		[_ _]	13-14
1	Death of spouse/partner	[_ _]	15-16
2	Death of close family member	[_ _]	17-18
3	Death of close friend	[_ _]	19-20
4	Major financial difficulties	[_ _]	21-22
5	Lawsuit	[_ _]	23-24
6	Business failure (own business or that of a close relative or a close friend)	[_ _]	25-26
7	Loss of job (own job or that of a close relative or a close friend)	[_ _]	27-28
8	Unemployment for at least one month	[_ _]	29-30
9	Demotion to a less important position	[_ _]	31-32
10	Retirement (own or that of a close relative or a close friend)	[_ _]	33-34
11	Change in working conditions, relationship to colleagues or boss	[_ _]	35-36
12	New type of work	[_ _]	37-38
13	Job promotion for self, a close relative or a close friend	[_ _]	39-40
14	Change in residence or living conditions	[_ _]	41-42

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15	Divorce (own or that of a close relative or friend)	[_ _]	43-44
16	Separation from spouse/partner	[_ _]	45-46
17	Separation from a close friend	[_ _]	47-48
18	Severe disputes and continuous conflicts with spouse/partner	[_ _]	49-50
19	Severe problems between you and your family	[_ _]	51-52
20	Getting engaged	[_ _]	53-54
21	Getting married	[_ _]	55-56
22	Birth of a child	[_ _]	57-58
23	Holiday (e.g., Christmas alone, happy family event)	[_ _]	59-60
24	Vacation (e.g., didn't meet expectations, you met your great love)	[_ _]	61-62
25	Anniversaries of significant events	[_ _]	63-64
26	Serious illness (hospitalized or at least one month off work)	[_ _]	65-66
27	Serious illness of a close relative or friend	[_ _]	67-68
28	Accident of self, close relative or friend (e.g., car accident, injuries)	[_ _]	69-70
29	Pet very sick or dies	[_ _]	71-72
30	Car or transportation problems	[_ _]	73-74

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Card number	1-12 dupl [_ _]	13-14
31 Personal experience of violence (e.g., abuse, sexual abuse, assault, war)	[_ _]	15-16
32 Abuse or assault of someone close	[_ _]	17-18
33 Victim of a crime	[_ _]	19-20
34 Participation in crime or violent act (self, close relative or close friend)	[_ _]	21-22
35 Other (specify): _____	[_ _]	23-24