

## Dhaka Stress Scale-Adolescent (DSS-Ad)

Below are stressful life events which you may have experienced. To the left of each event is the mean stress score. If you experienced that event in the past year, write that number on the blank space to the right. If the event happened more than once, multiply for each occurrence. When you are finished enter your total value at the end of the list.

Mean stress score	Stressful Life events	Score
94	Death of a parent	
88	Excessive parental pressure for academic performance	
84	Fall in love	
78	Increased academic workload	
71	Lower grade in examination than expected	
68	Failed in examination	
66	Upcoming examination	
65	Divorce of parents	
63	Broke up with boy friend or girl friend	
61	Excessive abuse of internet or mobile	
61	Having step parent	
59	Sexual harassment	
59	Failure to get admission in a school or college of choice	
57	Parental separation	
57	Death of a close family member	
55	Serious illness requiring hospitalization of self	
54	Serious illness requiring hospitalization of a sibling	
53	Discord with parents	
52	Trouble with bully	
52	Beginning or ending of school	
50	Sex problem	
50	Parental discord	
49	Marriage	
49	Birth of a sibling	
49	Discord with peer	
48	Serious illness of a family member	
48	Lack of boy or girl friend	
48	Discord with sibling	
48	Loss of academic year	
47	Dropped out from study	

47	Downgrading financial status of the family	
47	Having a visible congenital deformity	
47	Unwanted pregnancy	
47	Becoming involved with drug addiction	
46	Becoming pregnant	
46	Mother beginning to work	
46	Extramarital relationship of parents	
46	Death of a close friend	
45	Serious illness requiring hospitalization of a parent	
44	Imprisonment or jail sentence of a parent	
44	Harsh behavior of teacher	
43	Loss of job of a parent	
43	Lack of recreational facilities	
40	Brother or sister leaving home	
40	Acquiring a visible deformity	
35	Increase absence of a parent from home for changing profession	
34	Change of school	
33	Outstanding personal achievement	
33	Change of academic subjects or branch	
31	Theft of personal belongings	
31	Change in personal habit (sleeping, eating etc.)	
30	Lack of school attendance	
30	Change in family role and responsibilities	
28	Relocation of family	
28	Minor violation of law	
27	Outstanding achievement of a sibling	
<b>Total Score</b>		

**Interpretation:**

Score 150 or less= Mild level of stress

Score 151 to 300= Moderate level of stress

Score 300 or more= Severe level of stress