

TABLE OF CONTENTS

CHAPTER		PAGE
I	INTRODUCTION . . . . .	1
	Background . . . . .	1
	The Position of Holmes and Rahe . . . . .	2
	The Position of Lazarus . . . . .	7
II	PROBLEM . . . . .	14
	Subjective versus Objective Appraisals . .	14
	Anticipated Future Life Change Events . .	22
	Current Concern . . . . .	23
	Positive versus Negative Life Changes . .	24
	Coping Ability . . . . .	26
	Chronic Life Problems (i.e., Hassles) . .	28
	Hypotheses . . . . .	30
III	METHOD . . . . .	32
	Subject Demographics . . . . .	32
	Subject Recruitment . . . . .	32
	Obtaining Follow-Up Data from Subjects . .	33
	Transforming the SRE and MHI into	
	Decks of Cards . . . . .	34
	Testing Arrangements During the Initial	
	Session . . . . .	36
	Preliminary Instructions . . . . .	37
	Introductory Comments . . . . .	38
	SRE-Past Instructions . . . . .	40
	SRE-Future Instructions . . . . .	42

CHAPTER	PAGE
MHI Instructions : . . . . .	43
Outcome Criteria for Health Change . . . . .	45
IV DATA ANALYSIS AND RESULTS . . . . .	47
Data Analysis Within Instruments . . . . .	47
Data Analysis of the SRE-Past . . . . .	48
Data Analysis of the SRE-Future . . . . .	58
Data Analysis of the Modified Hassle Inventory . . . . .	63
Data Analysis Between Instruments . . . . .	79
Correlations Between SRE-Past, SRE- Future and MHI Scale Totals by Subject . . . . .	79
Can the MHI, SRE-Past and SRE-Future be Reduced to a Single Scale? . . . . .	83
Correlations with Outcome Data . . . . .	89
Mean SRE-Past, SRE-Future and MHI Scale Totals by Subject . . . . .	89
Self-Report Data on the Health Change History Form . . . . .	92
Outcome Data from Kaiser/Permanente Medical Records . . . . .	94
Comparisons between the Two Sources of Outcome Data . . . . .	94
Correlations between Inventory Measures and Outcome Data . . . . .	96

CHAPTER	PAGE
V	DISCUSSION . . . . . 101
	Relationship of this Study to Previous
	Research . . . . . 101
	Limitations of This Study . . . . . 113
	Recommendations for Future Research . . . 116
VI	SUMMARY AND CONCLUSIONS . . . . . 122
	Subjects . . . . . 122
	Data Collection . . . . . 122
	Hypotheses . . . . . 123
	Data Analysis Within Instruments . . . . . 124
	Data Analysis Between Instruments . . . . . 127
	Outcome Data and Correlations with
	Inventory Measures . . . . . 130
	BIBLIOGRAPHY . . . . . 140
	APPENDICES . . . . . 152