# Chapter 40 Stress Generation

K.L. Harkness and D. Washburn

Queen's University, Kingston, ON, Canada

Table 1

Examples of Independent, Dependent-Interpersonal, and Dependent-Noninterpersonal Stress Life Events

|  |  |
| --- | --- |
| Independent | Earthquake causes damage to foundation, costing S $50,000 to repairSa is laid off from his job as a machinist due to the closure of his departmentS's sister, with whom she is close, is diagnosed with multiple sclerosisS's close friend attempts suicide following a romantic relationship breakupA routine mammogram discovers a lump in S's breast.S's brother and his wife have their first child. This is S's first niece. |
| Dependent-interpersonal | S and her mother have a heated argument, which results in not speaking for several days.S breaks up with his girlfriend of 6 months because he feels they are not compatible.S supports her best friend who is in crisis following an episode of spousal abuse.S decides to reconcile with his sister after 2 years of not speaking.S and her four siblings have a large argument regarding the distribution of their father's estate.S serves as the maid-of-honor at her sister's wedding. |
| Dependent-noninterpersonal | S is fired from her job as a cashier due to chronic tardiness.S causes a fender-bender. There were no injuries or damages, but her insurance will go up.S finds out he did very poorly on his graduate record examination.S receives a notice from creditors that they will begin garnisheeing his wages.S moves from her parent's house to a rented house with three friends. |

a S = Subject (the respondent, or actor in the event).