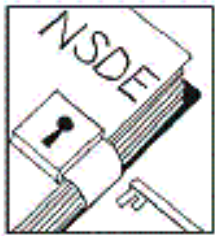


Daily

M I D U S



Midlife in the United States



National Study of Daily Experiences

**Inventory of Stressful Events (DISE)
Expert Coding Manual**

Address correspondence to D. M. Almeida, Department of Human Development and Family Studies, The Pennsylvania State University, 105 White Building, University Park, PA 16802 (email: dalmeida@psu.edu).

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INTRODUCTION TO THE NSDE CODING SCALES

Overview:

This manual describes a coding scheme for open-ended responses of daily stressful events elicited through telephone interviews using the Daily Inventory of Stressful Events (DISE). The DISE is a semi-structured survey instrument, assessing a wide variety of stressors. The interview consists of a series of 'stem' questions asking whether certain types of events (e.g., arguments, home or work events, etc.), have occurred over the past 24 hours, along with a set of guidelines for probing affirmative responses. The aim of the interviewing method is to construct a short narrative or "story" of each event. Once an event is mentioned, the interviewer asks questions about objective circumstances surrounding the event. The purpose of the probes is to gather enough information to rate various components of the discrete events. (See Appendix 'A' for the DISE.)

In order to examine these events, interviews are tape-recorded, then transcribed and coded for seven different aspects: (1) broad event classification, (2) specific event classification, (3) focus, (4) dimension of threat, (5) event continuation, (6) ongoing (chronic) difficulty, and (7) severity.

Coding sequence and scheme:

1. ***Broad Event Classification:*** Transcribed events are initially classified into one of three broad categories: (a) **argument events**, (b) **non-argument tension events**, or (c) **other types of events**. This first step facilitates the coder in selecting the appropriate specific event list. It is also possible that an actual 'event' has not occurred. If this is the case, no coding will be done.

Code

Argument.....	1
Non-argument tension.....	2
Other/Neither.....	3
Non-event	9

2. ***Specific Event Classification:*** Next the event is placed into one of 79 specific event classifications which fall under the following headings: **Argument/Non-Argument Tension, Network, Miscellaneous, and 'Life Domains', which includes the subheadings of Education, Work, Home, Finances, Crime/Legal, Health/Accident, and Marital/Partner Relationships.** (See section III for Specific Classifications and examples.)

Code

Argument/Non-Argument	001-026
-----------------------------	---------

Education.....	100-104
Work.....	200-210
Home.....	300-310
Finances.....	400-403
Crime/Legal.....	500-505
Health/Accident.....	600-604
Marital/Partner Relationships.....	700-704
Network.....	800-808
Miscellaneous.....	900-908

3. **Focus:** Focus refers to who was involved in the event. It can be **Respondent-focussed, Joint-focussed or Other-focussed**. If the event is joint- or other-focussed, it is necessary to specify the relationship of the Respondent to the other individual involved in the event. (For examples, see Appendix 'B').

Code

Respondent.....	1
Other.....	2
Joint.....	3
Not sure/Not codable.....	8
Non-event.....	9

4. **Dimension Of Threat:** The **dimension of threat** describes the implications of the event for the Respondent. It is assessed to determine whether the event is a **Loss, Danger, Disappointment, Frustration, or Opportunity**. Each event is coded for up to two threat dimensions. (For examples, see Appendix 'C').

Code

Loss.....	1
Danger.....	2
Disappointment.....	3
Frustration.....	4
Opportunity.....	5
Not sure/Not codable.....	8
Non-event.....	9

5. **Event Continuation:** A continuation is defined as the occurrence of an event resulting from a related stressful event the Respondent reported on a previous day. Thus, a subsequent event reported on the same day may not be coded as a continuation. Also, by definition, an event reported on the first day of interviews cannot be coded as a continuation of a previous event. For an event to be coded as a continuation, it must be causally connected to a previous event. (For examples, see Appendix 'D').

Code

Yes.....	1
----------	---

No.....	5
Not sure/Not codable.....	8
Non-event.....	9

6. **Ongoing (Chronic) Difficulty:** Events are coded as to whether or not they are part of an ongoing difficulty, which is a **persistent (chronic) life condition. Ongoing difficulties are chronic problematic situations or unpleasant conditions.** (For examples of event continuation and ongoing difficulty, see Appendix 'D'.)

Code

Yes.....	1
No.....	5
Not sure/Not codable.....	8
Non-event.....	9

7. **Severity:** A four-point scale is used to determine the degree of the unpleasantness and disruption caused by the event. Ratings range from '1'-- a minor or trivial annoyance, to '4'-- severely disruptive events. (For examples of severity ratings, see Appendix 'E'.)

Code

Low severity events.....	1
Medium severity events.....	2
High severity events.....	3
Extreme severity events.....	4

CODING PROCEDURES

A. Transcription

The open-ended answers are transcribed from audio tapes of the telephone interviews. When transcribing, it's important to consider the **seven** main coding areas. Events are transcribed in order to show evidence for the codes chosen. Use the following sequence for coding:

- (1) Transcribe verbatim the answer to the first set of 'probe' questions describing the event.
- (2) Listen to and summarize all of the responses to the 'stakes' questions. The stakes questions will be very useful for coding the Dimension of Threat and for rating the severity.

B. Broad Event Classification

The first step is to decide if an actual stressful event has occurred. ***An event is defined as an objective change or occurrence in the social or physical environment that poses a loss, danger, disappointment, frustration or opportunity for an individual.***

An event will initially be placed into one of three broad categories: a) Argument events b) Non-argument tension events, or c) Other types of events. However, the coder is not restricted to placing the event under the heading that applies to the stem question asked, but may choose the most appropriate classification under *any* heading.

- a. **Arguments** are *expressed* tensions. The Respondent engages in a verbal exchange with someone else. These are types of interpersonal events that necessarily require the involvement of the Respondent and another person.
- b. **Non-Argument tension** events are those in which the Respondent states he/she *could have had* an argument with someone (i.e., expressed anger), but instead *avoided* it. These are also interpersonal events requiring the involvement of the Respondent and another person.
- c. **Other types of events** are those which don't contain interpersonal tension between the Respondent and someone else. These other types of events include Life Domain events, Network events, and Miscellaneous events. Specific event classifications are explained in the next section.

C. Specific Event Classification (See list in section III for examples)

Depending on the event, it is placed into a specific category from the Specific Event Classification lists. Specific Event Classifications are organized around the actual stem questions in the interview. There is not a classification list for the Discrimination event question, however. If a respondent reports a Discrimination event, it may be classified as any type of event that is appropriate.

Note that the Specific Event Classification major headings and subheadings are to aid the coder in quickly locating an appropriate classification. The coder is not restricted to placing the event under the heading that applies to the stem question asked, but may choose the most appropriate classification under *any* heading. Specific Event Classification lists fall under the following major headings:

- a. **Argument and Non-argument Tension Events.** These events are coded according to the *topic* of the disagreement or tension. This category is used when an event involves the Respondent and another person in an argument or non-argument tension. (001-026)

- b. **Life Domain Events.** These are events that happen in a particular area of the Respondent's life, and are not recognized as Argument/Non-argument tensions, or Network events. The following subheadings represent Life Domains:

- | | |
|-----------------------------------|-----------|
| (1) Education | (100-104) |
| (2) Work | (200-210) |
| (3) Home | (300-310) |
| (4) Finances | (400-403) |
| (5) Crime/Legal | (500-505) |
| (6) Health/Accident | (600-604) |
| (7) Marital/Partner Relationships | (700-704) |

c. **Network Events.** These events occur to a close friend or relative or someone the Respondent has indicated is close to him/her.

d. **Miscellaneous Events.** These events cannot appropriately be classified under any of the previous headings.

D. Focus (See Appendix 'B' for examples)

The focus code identifies whether the event happened to the Respondent, to another person, or jointly to the Respondent and another.

- a. **Respondent-focussed** events happen to the Respondent and only the Respondent.
- b. **Other-focussed** events happen to another person and the Respondent is neither active, involved, nor vicariously involved in the event.
- c. **Joint-focussed** events involve the Respondent and a 'close other'. A 'close other' is a household or family member, or anyone the Respondent indicates is close.

Special Considerations of Joint-focus

- (1) ARGUMENT/NON-ARGUMENT TENSION EVENTS: Arguments and non-argument tensions are interpersonal events, therefore they are joint-focussed.
- (2) RESPONDENT ---> JOINT-FOCUSSED EVENTS: An event that happened to the Respondent will be considered joint-focussed if the actions of a 'close other' caused the event. **That is, would the Respondent be experiencing this event if it weren't for the actions of a 'close other'?**
- (3) OTHER ---> JOINT-FOCUSSED EVENTS: Events that happen to someone else will be joint-focussed if either of the following is true: (1) **Was the Respondent an actor in the event or solicited to be an actor in the event?** or (2) **Was the Respondent actively involved in the immediate implications of the event?**

Active involvement of the Respondent does not include phone support. [Although Network events must happen to another person, the event may be joint-focussed.]

E. Threat Dimension (See Appendix 'C' for examples)

Threat is "the degree of undesirability or unpleasantness of events--that is, the degree to which they threaten or diminish the physical or emotional well-being of the individual" (Brown & Harris, 1978).

Threat can take on different forms or dimensions (cf. Lazarus & Folkman, 1986). The threat dimensions included in this study are:

- (1) Loss
- (2) Danger
- (3) Disappointment
- (4) Frustration
- (5) Opportunity

(1) **Loss**

Loss is the occurrence of a deficit. For an event to pose a loss, the Respondent must have **had** whatever was lost. This is not a loss of "what could have been". An event that is coded as a *Loss* involves the loss or diminishing of such things as an important relationship, possession, money, social role, time to accomplish a task, self image, or respect from others. Loss of time is a change in one's normal routine. Disrespect is a special kind of loss. It implies that one does not value another individual. Thus, it would be considered a loss of self image or the image one has of another.

To differentiate *Loss* from *Danger*, it should be clear that the **loss has already occurred**.

To differentiate *Loss* from *Disappointment*, it should be noted that a *Disappointment* can only occur if the Respondent **never had** the desired asset in the first place.

(2) **Danger**

Danger is the risk of a future negative occurrence. An event poses a danger when it appears likely that there is a risk of loss of such things as a valued person, possession, social role, self image, relationship, respect from others, etc. In other words, the event raises the possibility that a specific unpleasant crisis or problem may happen to the Respondent in the future. If the danger has already occurred, it must be a 'loss'. Key words include: worry, concern, danger, risk, threat, stake, jeopardy, hazard, insecure.

(3) **Disappointment**

An event creates a disappointment when something doesn't turn out as the *Respondent hoped or expected*. It is interpreted as the failure of a goal or expected good event. The respondent must clearly state some sort of future expectation that is now unrealized because of the event.

Disappointments can also be the re-establishment of a problem that had been dormant or had improved.

(4) **Frustration**

Events are coded as frustrations when the Respondent has *little or no control over them*.

Frustration may be something like waiting in line or on the phone, as well as situations where R has little or no control--such as irritating work situations.

It is important to note that loss, danger, or disappointment may involve frustration, but frustration is not the fundamental dimension of threat.

(5) **Opportunity**

Opportunities present a chance for advancement, progress, or positive outcome, yet still may be stressful during their occurrence.

An opportunity is a current or future positive event. Examples may be a job promotion, a potential increase in status, a new or improved relationship, public speaking, or a child's piano recital.

Events can be coded for up to two dimensions of threat. If there is clear evidence of two dimensions of threat, both should be used; otherwise one code is used. Bear in mind, however, that the same aspect of the event may not receive two dimensions of threat--*the dimensions must reflect different components of the event*.

These dimensions are assessed for all events. For 'NETWORK' events, which by definition are events that happen to a 'close other', the threat dimensions will apply to the *ramifications* for the **Respondent**.

F. **Event Continuation** (See Appendix 'D' for examples)

- a. A continuation of an event is the occurrence of a stressful episode caused by an event identified on a previous day. Thus, a subsequent event reported on the same day may not be coded as a continuation.
- b. An event reported on the first day of interviews cannot be coded as a continuation of a previous event. For an event to be coded as a continuation, it must be causally connected to the previous occurrence.

G. Ongoing (Chronic) Difficulty (See Appendix 'D' for examples)

- a. An event can be part of an ongoing difficulty or a **persistent life condition**, which is a chronic problematic situation or unpleasant condition. However, an ongoing difficulty is recorded only if it is causally linked to the event. The severity rating of the event is dependent on the ongoing difficulty. (See section 'H' for severity rating description.)
- b. An ongoing difficulty is something that started in the past, it is not a forecast of a chronic problem. It is a background to the event.

H. Severity (See Appendix 'E' for examples)

- a. The severity of an event refers to the degree and duration of disruption, and/or unpleasantness it creates for the Respondent.
- b. **Disruptiveness** refers to the extent to which there is a change or likelihood of a change in some aspect of an individual's life. Disruptiveness is also the extent to which an event can affect daily routines, important plans, concerns and goals.
- c. The **unpleasantness** of an event is the level of negative feelings, or the risk of negative consequences generally expected to be evoked by the event.

For example:

*Low unpleasantness (Severity rating '1')--*Respondent is cut off by traffic and finds it difficult to merge onto the Interstate.

*Medium unpleasantness (Severity rating '2')--*Respondent is caught in an hour-long traffic jam on the way to work and nearly doesn't make it to work on time.

*High unpleasantness (Severity rating '3')--*Respondent forgets to put gas in the car and runs out of gas during the traffic jam on highway; she is late to work, but her boss is understanding and the incident does not threaten her job.

Severe unpleasantness (Severity rating '4')--

Respondent arrives at work late, and the boss yells, "this is the last time you're late, next time you're fired! Report to personnel!"

The Four Point Severity Scheme is a measure of the degree of disruption and/or unpleasantness represented by the occurrence of an event. The key to the distinction relies on objective evidence from the Respondent's report of the situation. The definitions for ratings of 1, 2, 3, and 4 are as follows:

Severity Rating '1'-- Low Severity Events

a. Low severity events are trivial occurrences causing slight disruption or anticipation of slight disruption to an aspect of the Respondent's life.

OR

b. Low severity events are occurrences that would evoke only fleeting (lasts less than an hour) unpleasant emotions or reactions for the reasonable person.

Severity Rating '2'--Medium Severity Events

a. Medium severity events carry no potential or only slight potential for major disruption to occur in the future, however there may be a disruption or the anticipation of a minor disruption to an aspect of the Respondent's life.

OR

b. Medium severity events are unpleasant enough to evoke unpleasant emotions for more than an hour or two for the reasonable person.

The difference between a '2' and a '3' severity rating is that the unpleasantness of events rated '2' can either be "a little bad" all day, or "very bad" for part of the day, and the unpleasantness of events rated '3' are "very bad" for a whole day.

Severity Rating '3'--High Severity Events

a. High severity events imply a potential for major disruption, but do not carry explicit threat of major disruption at the time they occur.

OR

b. High severity events may be "unpleasant" events which are likely to provoke negative feelings *lasting most of the day* for the reasonable person.

Severity Rating '4'-- Extreme severity events

a. Extreme severity events either *immediately result in a major disruption* or carry a *high likelihood* of a major disruption occurring.

OR

b. Extreme severity events would be expected to generate unpleasant emotions lasting *more than a day* for the reasonable person.

Guidelines for Rating Severity of Events

Contextual Information

Events are rated for severity for a reasonable person in a given context. This emphasis given to contextual information is one of the crucial aspects of this rating scheme.

The assessment of the severity of a given daily event takes into consideration the background information about the event and the anticipated consequences of the event. The severity rating takes into account the objective, specific circumstances in which the event occurred. What this means for rating is that, basically, all events are not created equal.

For example, having your truck breakdown is stressful. But, it is probably more stressful if the use of your truck is essential to your paid work - e.g., if you run a snowplow or hauling business.

Over-reporting and Under-reporting

It is important to focus on the objective content of the event, not on the manner in which the Respondent reports it. There can be differences in the amount of detail or affect the Respondent provides, which can be misleading. Thus, in rating severity, it is important not to measure the Respondent's emotional response to the event, but the actual event itself.

a. Over-reporting: Try to imagine the event boiled down to "just the facts, ma'am" and how distressed or threatened a "typical" person might be in that situation. One of the keys to rating severity is to separate the objective description of the event from a highly dramatic account of the event.

b. Under-reporting: People may be unwilling to disclose much information or they may receive limited probing about the event. In this case, enough information may not be obtained in order to rate the severity. Under-reporting also occurs when people either downplay the significance of a stressor or how much it actually affected them.

If there is any doubt about whether or not there is enough information to reliably code

the event, it should be considered "Non- codable" and put aside for group discussion. When coding, don't try to compensate for Respondent under-reporting.

EVENTS LISTS

Argument/Non-Argument Tensions

The following list of classifications are topics of arguments of non-argument tensions. Arguments and non-argument tensions that the Respondent experiences are certain types of interpersonal events that necessarily require the involvement of the Respondent and another participant.

This is a list of possible topics of arguments or non-argument tensions.

(Examples follow each major heading)

001. Respect/Disrespect

Decision making

Power struggle

Arguing about someone's lack of respect for another

002. Money/Financial Issues/Risk or Loss of something of monetary value

003. Family Obligations/Responsibilities/Issues

Family Relations

Relationship of one family member (not the Respondent) with another (how other treats another family member, not the Respondent)

004. Transportation/Driving

005. Household tasks/Chores

Tensions about the maintenance or cleaning of the house

006. Personal tastes and preferences

Differences of opinion about aesthetic tastes, personal hygiene, appearance, food, etc.

008. Sex

Partner not wanting to have sex/ R not wanting to have sex

Affairs, etc.

009. Timing/ Schedules

Not having enough time together, lateness, missed plans

Arguing about how to spend time

010. Value differences

Political, ideological, ethical, religious, philosophical differences
Lying

011. Job Obligations / Responsibilities / Procedures

Too much or too little attention given to job.
Having a co-worker "pawn off" work on you.

013. Possessions

Using another person's items

014. Safety/ Health

015. Miscommunication

Unclear expectations
Information isn't being transferred as you would like it to be.

016. Substance Use

019. Schoolwork / Education

Primarily child-related events

020. Recreational activities

021. General tension or not getting along with others

Friendships/ Non-family Relationships
Jealousy, dislike of other's or children's friend

023. Interactions with boss/superior

Reporting to your boss
Receiving criticism

024. Disciplining or firing someone

Work-oriented

025. Disciplining or correcting child

Family-oriented

026. Giving or receiving bad news

-

Life Domains

If an event is not classified as an argument/non-argument tension or network event, it can be classified under one of the following headings: Education, Work, Home, Finances, Crime/Legal, Health/Accident, and Marital/Partner Relationships.

(Examples follow each major heading)

Education

100. Application/Starting/Stopping School

Applying for/being denied admission to a college or university course

Being accepted to a college or university course

Starting or leaving school/course

101. Time/Schedules

Missing class

Being late

-

102. Overload/Demands

Not getting enough school work done

Overloaded with schoolwork

"Demands" on you as part of being a student.

Exam/Evaluation

Grade-related events

Expectations for performance unclear

-

104. Other Education Events

Work/Employment

-

200. Application/Starting/Stopping work

Job interview

Learning about not being hired

Start job

Giving up/leaving/quitting job (voluntary)

Retiring

-

202. Job/Income Security

Demotion

Layoff

Dismissal/firing

Hearing about possible layoff, dismissal, downsizing, firing

Problems to do with security of position (i.e., contract job, temp job)

Legal event related to job (threatened with a lawsuit that jeopardizes the business)

Income affected, (e.g., not getting enough hours of work)

Business crisis

Promotion/ Raise

Application for promotion denied

203. Structure

Problems associated with changes in work hours (increase or decrease)

Structural change (e.g. change in R's work duties or place of work)

204. Time/Schedules

Pertains to working longer than expected (one day only, not a permanent change in hours or shift)

Being late

205. Overload or Demands

Too much work; extra work assigned

Understaffed; not enough people to do the work

Demands that are made on you as part of your social role.

Not getting enough accomplished at work; not getting work done on time; having to miss a deadline

206. Underload

Bored or unchallenged at work; not enough to do at work

207. Mistakes

Anyone's mistake at work that affects R

208. Technical/Mechanical Breakdown

Computer crashed

Work vehicle breakdown

210. Other Work events

Home

-
300. Events related to moving

Residence change

Threat of eviction

-
301. Neighborhood concerns

Crises/problems with neighbors (unless tension or argument)

Hearing about a crime committed in R's neighborhood

Other neighborhood events

-
302. Household/Car damage or repairs/Mechanical breakdown

Structural problems with house (water in basement, bad pipes, etc)

Car trouble; car repairs; getting estimates for repairs

Home appliance problems; house repairs

Loss, damage, or threat to property (excluding theft or vandalism--see crime codes)

-
303. Overload or Demands

Family-related tasks

Demands made on you as part of your social role

Having company

Specific housework concerns; shopping, doing the laundry, standing in line at the store,
planning a meal

Too much work at home, "housework"

Not accomplishing enough at home

Home and Yard maintenance

Ceremonies

-
305. Pet Events

Something occurs to R's pet

Care for pet

-
306. Mistakes/Irritations/Confusion

Burning dinner, breaking something

"Silly" practical mistakes (e.g. buying the wrong size of something ...)

-
307. Sports/Hobbies/Leisure

Not having enough time for entertainment and recreation

Losing a sporting event, favorite team losing, etc.

-
308. Time/Schedules

Being late

310. Other Home event

Finances

-
400. Money/Finances

Financial crises and problems, check bouncing, incorrect billing, debt difficulties

Dealing with financial, insurance agent (not codable elsewhere)

Financial loss or gain

R gives loan

Budgeting (Managing what you already have)

Not having enough for necessities or luxuries

Paying bills (no indication of debt or financial difficulties)

401. Purchase/Sale

Buying or selling something (including decision to do so)

Taking on a financial obligation

New loan

-
403. Other Finance event

Crime/Legal

-
500. Victim

Offense against Respondent (mugging, assault)

-
501. Traffic

Getting a traffic/parking ticket

-
502. Other police contact

Getting arrested

Being stopped by the police-•no ticket or arrest

-
503. Court proceeding

Contact with lawyer

Involvement in a court case as a victim or plaintiff

Involvement in a court case as a perpetrator or defendant

-
504. Jury duty

-
505. Other crime/legal

Health/Accident/Health Treatment

(Has to happen to Respondent to be in this category.)

600. Minor Accident/Illness

Minor accident

Threat of an accident (e.g. near miss)

Side effects of medication.

601. Major Accident/Illness

Major accident

Suicide attempt

Heart attack

Cancer

602. Visit to Health Care Provider/Clinic

Surgery (use only for operation taking place that day; for aches and pains related to recovery use 600)

Discharge from hospital

Visit to clinic, health center, doctor

Receiving health-oriented treatment of any sort

603. Reproduction

Any reproduction event

Time off, taking a sick day

604. Other Health-related events

Marital/Partner Relationship

700. Dating/Relationship formation

Beginning a new relationship or resuming an old one; first date

R's engagement/marriage

R beginning or discussing beginning cohabitation

Breaking a date; someone not showing up for a date

Being rejected for a date

Other date-related events

701. Time/Schedules

Event causing an increase/decrease in interaction (e.g. spouse leaves town on business trip)

Not having enough time to spend with spouse/partner

-
702. Breakup•related events

Separation, breakup, or divorce

Contact with ex•spouse, lover

Discussion of separation, breakup, divorce, custody(even when argument or non-argument tension)

R's custodial sentence

R's non•custodial sentence

Contact with lawyer about divorce, custody, separation, etc.

-
703. Violence; threat of violence

-
704. Other Relationship event

Network Events

Network events are a type of event reported by the Respondent that must happen to another person, not the respondent (e.g., Respondent's child being teased at school). However, R's active involvement in the event will be coded as 'joint-focussed'.

This is a list of types of events that may happen to someone close to the Respondent.
(Examples follow each major heading)

-
800. Finances

-
801. Crime/Legal

Other's legal event

Other's custodial sentence

Other's non•custodial sentence

-
802. Health/Accident/Health Treatment/Safety events

-
804. Death

Funerals, Wakes, etc.

-
805. Social/Stress Concerns (not argument or non-argument)

Event involves the emotional well-being of 'other'

Co-worker gets fired

Child conduct, child gets in trouble at school, delinquency

Child(ren) not getting along well together or with peers

- Child(ren) having disappointment, failure or problem (at school, in sports, with friends, etc.)
- Child's arrival/departure from household (except when codable in time/schedule)
- Routine childcare concerns (e.g. child having a nightmare)
- Engagement, marriage, cohabitation of another, or first learning about this
- Other's relationship to another (e.g. sister having difficult time with children or boyfriend)

807. Violence, pestering, threat of violence, sexual harassment of a relative

-
808. Other Network Event
-

Miscellaneous Events
(Examples follow each major heading)

-
900. Political event/news event

Socio•political or news events; "watching the news"

-
901. Weather

The weather depressing R

-
902. Traffic/Transportation

Driving a long distance
Bad driving conditions
Travel

-
903. Pollution

Pollution
Second-hand tobacco smoke

-
904. Mistakes/Confusion related

Getting lost
Difficulty filling in forms; not understanding directions
'Silly' practical mistakes

-
905. Time/Schedules

Being late to an appointment (if not stated elsewhere)
Not accomplishing enough (not specified whether at home, work, or school)

-
906. Ethical or moral conflict or conflict of principles

Telling a lie; doing something dishonest or against one's conscience; "realizing a self•fault"

907. Public Speaking

Having to speak in front of a group

908. Calendar Events

Anniversaries (e.g. of a death)

RATING FLOW CHART

1. Determine the Broad Classification of the Event:

- (a) The event is an **Argument or Non-Argument Tension**

Go to ----->**Argument/Non-Argument Topic List**

Choose appropriate **Specific Event** code

- (b) The event happened to someone else

Go to ----->**Network Event List**

Choose appropriate **Specific Event code**

- (c) The event happened to the Respondent, but is not an argument/non-argument tension

Go to ----->**The Life Domains List**

Choose appropriate **Specific Event code**

2. Determine the Focus of the Event:

- (a) The event is **Respondent-Focussed**

- (b) The event is **Other-Focussed**

- (c) The event is **Joint-Focussed**

3. Determine the Dimension of Threat for the Respondent (pick up to two):

- (a) The event is a **Loss**

- (b) The event is a **Danger**

- (c) The event is a **Disappointment**

- (d) The event is a **Frustration**

- (e) The event is an **Opportunity**

4. Determine if the event is a **Continuation** of another earlier in the week.
5. Determine if the event is part of an **Ongoing (Chronic) Difficulty**.
6. Rate the **Severity** of the event for the Respondent.

APPENDIX 'A'

Daily Inventory of Stressful Events (DISE)

The DISE is a semi-structured instrument consisting of three components: (1) a list of seven 'stem' questions which pertain to occurrences of stressful events in various life domains, (2) a series of open-ended 'probe' questions that ascertain a description of the stressful event, and (3) a list of structured 'stake' questions, inquiring about aspects of the Respondent's life that were 'at risk' because of the event. An affirmative response to the stem questions prompts the interviewer to probe for a detailed description of the event, which is followed by questions pertaining to "what was at stake" for the Respondent as a result of the event.

Stem Questions

Yes	No		
F1.	Did you have an argument or disagreement with anyone since this time yesterday?	1	5
F2.	Since (this time/we spoke) yesterday, did anything happen that you could have argued about but you decided to let pass in order to avoid a disagreement?	1	5
F3.	Since (this time/we spoke) yesterday, did anything happen at work or school (other than what you've already mentioned, that most people would consider stressful?	1	5
F4.	Since (this time/we spoke) yesterday, did anything happen at home (other than what you've already mentioned,) that most people would consider stressful?	1	5
F5.	Many people experience discrimination on the basis of	1	5

such things as race, sex, or age. Did anything like this happen to you since (this time/we spoke) yesterday?

F6. Since (this time/we spoke) yesterday, did anything happen to a close friend or relative (other than what you've already mentioned) that turned out to be stressful for you? 1 5

F7. Did anything else happen to you since (this time/ we spoke) yesterday that most people would consider stressful? 1 5

Probes for Description

Ask only if “yes” for following

G1. Think of the most stressful disagreement or argument you had since (this time/we spoke) yesterday. Who was that with? F1

G2. When did that happen? Was that some time yesterday or today? ALL

G3. What happened? F1, F5

G4. Think of the most stressful incident of this sort. Who was the person you decided not to argue with? F2

G5. What happened and why did you decide not to get into an argument about it? F2

G6. What happened and what about it would most people consider stressful? F3, F4

G7. Think of the most stressful incident of this sort. What was the basis for the discrimination you experienced -- your race, sex, age, or something else? F5

G8. Think of the most stressful incident of this sort. Who did this happen to? F6

G9. What happened and what about it was stressful? F6

for you?

- G10. Think of the most stressful incident of this sort. F7
What happened and what about it would most people consider stressful?
- G11. How does this affect your job? F3
- G12. What kinds of things were said? F1, F2
- G13. Have you had any problems with this in the past? All
- G14. How long has this been going on? All
- G15. Does this happen often? All
- G16. Was there anything out of the ordinary in this? All
- G17. How stressful was this for you -- very, somewhat, not very, or not at all? All

1. Very----->GO TO STAKE QUESTIONS
2. Somewhat--->GO TO STAKE QUESTIONS
3. Not very----->GO TO NEXT STEM QUESTION
4. Not at all---->GO TO NEXT STEM QUESTION

Stake Questions

a lot/ some/ a little/ not at all

- | | | | | |
|--|---|---|---|---|
| H1. How much were the following things at risk in this situation: First, how much did it risk disrupting your daily routine -- a lot, some, a little, or not at all? | 1 | 2 | 3 | 4 |
| H2. How much did it risk your financial situation? | 1 | 2 | 3 | 4 |
| H3. How much did it risk the way you feel about yourself? | 1 | 2 | 3 | 4 |
| H4. How much did it risk the way other people feel | 1 | 2 | 3 | 4 |

about you?

H5. How much did it risk your physical health or safety? 1 2 3 4

H6. How much did it risk the health or well-being of someone you care about? 1 2 3 4

H7. How much did it risk your plans for the future? 1 2 3 4

APPENDIX 'B'

Focus Coding Examples

Respondent-Focussed (code 1) Examples:

“It was extremely busy. It seems like everybody all day long had questions. I hardly had 10 minutes to think before somebody would come in with another question. The fact that I had an assignment due and I didn't get my assignment done because everybody kept asking me to help them with theirs. If I don't get my assignment done during office hours then I have to take it home which disrupts my daily routine.

“Other than reading the newspapers which is stressful when they...just about all the time. I'm beginning to hate politicians. Well, I'm on social security, you know, because I'm retired and it seems to me that every time I read the paper or watch TV or anything like that our government is always trying to interfere with Social Security and Medicare and it's becoming an old story now but it seems like it just won't go away and to me it seems like they're trying to pick on us old people and it seems that they want to take away whatever we earned or worked for in our years and it's always that challenge there. It causes stress which puts me in a bad mood which causes fear.”

“Just taking a test Just that we're right here at the end and I'm fixing to graduate in two weeks and you know, the grades right here at the end are very important. I've got a 4.0 average and I don't want to blow it. So, that's...you know, it's stressful for the next two weeks. Just keeping that average. I've got that 4.0 and I don't want to do anything to mess it up and just one bad grade will do it. I just had to really study for it when I first got up this morning. Instead of just relaxing with a cup of coffee I had to hit the books so that it would be fresh on my mind when I got to school.”

“Money that I was hoping was going to be coming tomorrow for jobs that are being billed as we speak. What I do is I sell and until the job is billed and the company is paid, I don't get paid. Therefore, it's ongoing stress period because it's never real secure because you don't know exactly

what you're going to be getting from one week to the other and therefore I thought I was going to be getting a check tomorrow and I'm not going to until the middle of next week. So, this is stressful. When I found out what I did is I realized that I would quickly withhold and not pay the bills that I was going to so that I would have the money to put in gas etc. that I would need until I got paid..."

Other-Focussed (code 2) examples:

"I had a phone call from my daughter and she's sick and she's been sick for about a week. That was stressful for me to hear that. From time to time I would think about her not being well and thinking that I had to call her and making time in my day so I think it creates some stress in the regard."

"My mother's health is still bouncing. I've talked about it before. She's supposed to have cardiac cap on Thursday and she's got blood in her urine and I'm not real happy with how things are being dealt with and you know. I've talked to her on the phone 2 or 3 times and so it's caused me some stress and some anxiety. I have no real input or control over the situation so I kind of have to sit on the side lines and hope that things get done correctly."

"It's a seven year old boy that's going to be taken away on weekdays. He's gone for 1 day so far," to a new school, "and the family is worried as he you know he is going to be in fear of going or how he is going to get along because it is 150 miles away from his home."

"I talked to my son about 5:30 yesterday and that conversation has bothered me ever since...His girl broke up with him and he's just very upset about it and he's on the other side of the country and he's feeling pretty alone and I'm feeling pretty helpless. I don't know how to help him except to listen, but it's on my mind. He's hurting, so is his mother. I'm hurting...I just feel helpless and I think that's hard for a mother not to be able to help him. He's had a drinking problem in the past. I hope it's not going to affect it. We talked about that. I had planned to take a vacation to see him this summer and I'm not sure where he's going to be now."

"A close friend at work, her husband had major surgery today. She was on my mind most of the day. Off and on most of the day. I think she's under a lot of stress. That's my concern. I think it affects her a great deal."

Joint-Focussed (code 3) examples:

"With my wife about insurance companies. We were disputing about which insurance company we should stay with when we retire. Took about 15 minutes."

"I needed to talk to the principal regarding my daughter. She is having problems in school. It's about another little boy in her class who is upsetting her grades."

“He (R’s brother) is a shrimper, working a boat for someone he raised, his nephew. Nephew owned the boat, but my brother was working it for him and he found out today that the boat was sold and now my brother is left with no work, and he has family so I guess you'd call that stressful. He has had nothing but bad luck. Before he was cutting grass, almost cut his foot off and couldn't work, so in financial difficulty even more so.” (R said risk only to someone else. That brother’s stress will be affected) “his livelihood has been taken away here”(R said that brother owed them money and was going to pay them back with shrimp, which they wont get now.)

“She (R’s daughter) was supposed to have a book report done for school today and she told me she had it done and this morning I found out she hadn't even done it. It was not in her book bag. I was not very happy with her. I grounded her and made her stay home for an hour to write it, she had already read the book. I made her be in the room--no TV. No swearing, just shouting. Stressful because she lied to me.” (Instead of bringing daughter to school R had to bring her to her work, and then bring her to school when finished report later. This interfered with her work time and her evening plans, since she grounded her daughter).

(R argued with a co-worker) “It was about a presidential election. It wasn't very stressful. (Lasted) a couple minutes. Talking about the candidates and moral values and how relative that was to why they should be president. “

APPENDIX ‘C’

Dimensions of Threat Examples:

Loss Examples:

“That project. There was a lot of stressed out people. We have a test that we have to turn in that she gave to us yesterday and you know, we're all on tight schedules and she said it has to be turned in by tomorrow morning when she leaves at 11:30 and I've got a bunch of classes in the morning including hers and it’s going to take about 2 hours to do it and one of my fellow students came up and just hit the enter button on my computer and just erased everything I had done and I had been working on it over three hours. So, it was very stressful. I've got to go in the morning and try to re-do it. So, it was very stressful there for a few minutes.” R is in college.

“I had a friend killed in a car accident last night. I go to school with his mother and I've known him since he was a small boy and he’s just 29. So, you know, it was somewhat (stressful). You worry about yourself because you're on the roads too. I'm not in such a rush. Because, you know, that was the problem. He was in a rush to get to work. It'll make me more conscious.”

(R did not argue with a manicurist who) “was very late taking my appointment after I really rushed

to get there on time with no apology. And what do you say? No 'I'm sorry' or no nothing. She passed it off like it didn't even happen. You know, it was like, you're here, good. You know, "I'm working on somebody else. Take your seat. I'll be with you in a minute." From beginning to end, that was the whole attitude. And, I'm thinking, lady. Especially when you make an appointment two weeks before and it's rather late in the evening so there shouldn't be any bottlenecks...Anyway, I didn't argue with her 'cause I didn't want her to mess up my nails when she did do them..." (R missed a phone call and a chance to talk to her daughter.)

"Today was just a stressful day at work. Well, today was an unusually busy day. Today was the day that everything had to be done. We were just short on time. There were a lot of interruptions and stuff like that and all. It was just hectic. (R works for a newspaper and there was a deadline.) There's just so much to do and so little time to do it. A lot of stuff that you've got to get done. It's just stressful. Well, if things had gone smoother I would have gotten a lot more done, but it didn't so I had a lot of interruptions. Plus I was tired and everything and all so when I came home I was tired and you know. It just all...it was just a stressful, long day. If you don't do it, the boss doesn't like it..."

Danger Examples:

(R decided not to argue with a bus driver.) "The bus cut in front of my jeep and caused me to run off the road and it just wasn't worth it to aggravate myself and to argue with a gentleman driving a school bus with kids on board. I just pulled back onto the road and kept on going. I almost hit a pole when I ran off the road."

"My grandson is the only thing. That is, just that he shouldn't be driving if he's drinking like that. And he said somebody was going to drive him back to school. I didn't push it too hard. I just tried to give him my advice. It could have gotten into an argument so I just told him what I thought was fair, you know. He finally got someone who was going to drive him. His girlfriend, I think."

"Nothing but the fact that they're really pushing us pretty hard out there at school. Getting stuff done for graduation and these tests coming up for finals here in the next week and so they're really pushing pretty heavy and it's pretty stressful on anybody. A lot of stuff and pushing that last minute rush on projects and reports. Like, I had a report due on Friday so I was pushing...it was kind of stressful today trying to finish so that I could have it proofread and ready to turn in. Just being on that time limit and getting it done. Because with mine, I've got a 4.0 GPA. and I don't want to lose it. I don't want to do anything to blow it at this point. It's very important to me..."

"My oldest daughter starting working on April 15 after being unemployed as of January 1 and she was telling me how stressful the job is and everything and she's going to try to find another job which seems to me idiotic. But I remained calm." R found this stressful because her daughter "and son are coming to live with me around May 15. Her and her boyfriend broke up and she's moving

out of the apartment and if she doesn't have a job when she comes here to live it's going to be a little bit difficult.” R thinks it will “risk, I think, her confidence if she decided to leave the job rather than stick with it. It's only been a little over a week.” (R's plans for the future are changed because she was going to get a condo but can't now because her daughter is coming.)

“A close friend at work, her husband had major surgery today. She was on my mind most of the day. Off and on most of the day. I think she's under a lot of stress. That's my concern. I think it affects her a great deal.”

Disappointment Examples:

“My wife wanted to talk and I wanted to watch a James Bond movie. I had a copy of Golden Eye and I wanted to watch that and I had it on play and she was going to go to sleep but she decided she'd talk about work for 2 hours so we talked about work. It was a little bit annoying, but not stressful.”

“We're getting married so we're working on the honeymoon and he disagreed with the amount of money for the honeymoon and I was like, well, it only happens once a year. So, I wasn't very happy about that. But, we're trying to come to an agreement. I had to call a travel agent to try to find something cheaper. I also talked to a coworker about it.”

“My mother is an alcoholic and she had gone through rehab and tonight she called and she had been drinking so I just bit my tongue until the end of the conversation. Then I said, ‘I've got to go.’ Then I thought about it and got really angry so I called her up and told her what I thought. And then we argued a bit. Then it ended well. I told her I'm coming home in two weeks. I don't want to come home to this. And, I'm bringing my son and husband and there's no way that they're going to be experiencing it and that all I expect for her to do is just to try and she understood. She said, ‘You don't understand.’ And I said, ‘Yes I do. I've seen enough of it.’ She said I won't be coming home to that. She will be doing much better. She felt really bad.

Frustration Examples:

R argued with a friend. “It was stupid. I don't even hardly remember now. It was like...it was just like she had the afternoon...I guess I could say she disagrees with me...I said yes, she said no. I don't like disagreeing with people all the time. It was...like I said, it was just constant disagreement. I said yellow, she said it was blue. It was stupid. Everything was so stupid. I don't know what it was.”

R didn't argue with her boss. “It was just telling me things at work that I already knew that she told me over again that I already knew I should do but I've already done most of them, but you know, she

told me that what to do which was irritating. Just the fact that I already knew what to do and then having her tell me to do it just like I didn't know what I was doing.” If R had argued she would have been more “upset and unhappy at work and at home.”

“I had a discussion with my mother about health issues. She’s going in for a cardiac cap and she just doesn't quite understand that heart doctors don't want to hear about urine and urine doctors don't want to hear about your heart and unfortunately that’s just the way it is. Being a medical professional I know for sure and trying to get her to tell the right things to the right people is somewhat difficult sometimes.” R didn't argue about it because he’s never succeeded in the past.

(R argued) “with one of my coworkers. He’s not doing his job but he’s always complaining to the department, you know. It’s not worth it to argue with him. I just ignore him.”

Opportunity Examples:

“I had, you know some people might consider it stressful, I spent about an hour with my wife discussing her yearly interview for where she works and how she’s going to approach some of the problems she has to deal with and that she wants to get vocalized but not cause anybody discomfort with. It could have been a discomfoting situation for some people. And of course, today her boss didn't...got tied up because the computer crashed and nobody had anything done. Somebody asks you your advise of how to handle a problem, there should be a little bit of stress in there because you're giving your opinion but you want to give your best opinion so that they can feel the best about what they're doing. She’s an accountant...It makes me feel good about myself that someone values my opinion.”

“Nothing but the fact that they're really pushing us pretty hard out there at school. Getting stuff done for graduation and these tests coming up for finals here in the next week and so they're really pushing pretty heavy and it’s pretty stressful on anybody. A lot of stuff and pushing that last minute rush on projects and reports. Like, I had a report due on Friday so I was pushing...it was kind of stressful today trying to finish so that I could have it proofread and ready to turn in. Just being on that time limit and getting it done. Because with mine, I've got a 4.0 GPA. and I don't want to lose it. I don't want to do anything to blow it at this point. It’s very important to me...”

“I had to do a lot of traveling by car. Obviously you have to travel through a lot of traffic and that can get kind of hairy for some. Actually I like traveling, even though it’s in the city with stop and go traffic. Not very Stressful.”

“I was helping open and close the store so I had to get up this morning, get my son ready, drag him to work, pick up somebody who didn't have a car, pick them up, take them to work, open the store, make sure they were okay, take him back for kindergarten, drop him off at the bus, go back to work, pick him up from the bus, run to swimming lessons for 45 minutes and then go back to work to

close the store. I think that's a little bit stressful." R had to open and close the store because the manager that usually does it was on jury duty. "I feel good about myself for being able to get it all done today."

"Level of business was really high. It was stressful. Having a lot of things to do in a very short period of time. Having five or six things to do right now. It wasn't normal. It was protracted over a four hour period. Mainly I got so busy I kind of lost track of time. I guess that's where I make all my money and so I kind of look for those things to happen." (R works on sales quota and commission. The busier it is the more money he makes. It's a restaurant and R gets % of business. "There are a lot of people dependent on me, if I slack off it will reflect badly but if I do well it benefits me greatly.")

APPENDIX 'D'

Continuation/Ongoing Difficulty Examples

Continuation Example:

Example 1. Day 1: (R argued with her friend.) "We had this opportunity to go play doubles with this really fantastic player...they set up a time but" something happened "so we had to play earlier. Helen couldn't play earlier because she had another appointment, and I understand that. But, I moved back a luncheon indefinitely to play, so I had given up a lot to do this already, which was not appreciated. So, I went ahead and got another person to play, and she was fine with that. But, I was still supposed to go to her house, pick her up, and we would drill...later. I called her and told her that the girls wanted to go eat and she said, 'no, I want to play now.' I was on a cellular and it went dead. I thought she had hung up on me. So I called her right back...but she didn't pick up...she was mad."

Example 1. Day 2: (R did not argue with her doubles partner.) "Today she decided to ask other people who was right." (Regarding the previous disagreement reported on Day 1). "And I knew she'd do that, so I didn't care. I decided not to pursue it. I mean, I can pursue it privately, and we did. You know. I didn't have an argument with her."

Example 2. Day 1: "Family. My brother is getting out of jail and my sister wants him to come down here and doesn't even tell anybody that he was coming down. And all of a sudden he is going to be here and she won't let him stay at her house. She wants him to stay at my house. It is very inconvenient. He lived with me before and it didn't work out. And so now she is putting a burden on me. He is just getting out of jail and you can't trust him. He stole from me before. But it's not so much my brother, but my sister." (R said it is all she is thinking about, so it's stressful because she can't concentrate. Has to sort it all out without hurting anyone's feelings/R may have to ask her boyfriend for money because she has none).

Example 2. Day 2: “She walked in my house. Woke me up. Told me to come down and look at an apartment with her for my brother 'cause he’s coming into town. She made us feel obligated and she invited him to town. I was sick in bed and she wanted me to get out of bed and come run with her right then and there. Made us feel like we had to do something. And I wasn't up to it. (R had to borrow from her boyfriend). It makes my relationship with my sister unsettled. It makes me edgy every time she comes over. It affects the way I feel about her-doing this to me and my fiancé and making me feel like we have to do something.”

Example 3. Day 3: (Home) I found out while I was at work, information about my child’s school and problems we're having filling a teacher’s position there. And that was really stressful because I'm very concerned about what they're doing there. I totally disagree with what they're doing. And if he had called back earlier we would have had an argument. They're making some bad choices. And I want to put my two cents in. He’s going into first grade so we really need to have a strong teacher here and we're not too happy with the choices they're making. Sure don't want to ruin him in first grade already.” This was very stressful, I'm really concerned about this. It did disrupt the daily routine some “because I've been hanging around waiting for the phone call.”

Example 3. Day 4: (The president of church council) “Myself and the whole church council are in disagreement on how we're handling a teacher replacement at our church school. I think they're going about it in a way that’s going to harm our child’s education. So, I'm very very concerned about that.” This was very stressful. Disrupted daily routine some, "I've been trying to get in contact with him". It risks how others feel about me because “He probably feels differently about me. He probably thinks I don't have the right religious attitude.”

Ongoing Difficulty Example:

“Just the phone call with my son. He has a drinking problem and he’s in trouble right now because of it. And, I think he has nobody else to turn to right now, except family. And so, I think he’s hanging on. And, he knows, you know, he’s not asking for help per se, but he knows that he is. You know, he’s not calling and asking for help, but the help he needs is hold on to somebody so I think he’s holding on to me and...his sister and...his father and he’s getting...he’s getting support and understanding from two of us but I'm not sure he’s getting support and understanding from the third and that’s frustrating as well. We're a family and we all need to support him. It’s a situation where there’s nothing you can do except listen. He’s in legal trouble...”

“My daughter had run away last weekend and I found out from school today that she didn't show up at school again today and if she doesn't show up tomorrow she’s going to be expelled for the rest of the year, so. It’s more I felt like it was just out of my control and I don't like feeling that way.” R “had trouble concentrating at work.”

“I had a very emotional experience due to a problem way back in my childhood. I was sexually abused when I was a child. I'm just very emotional at this point in my cycle.” R heard from boyfriend, but says that didn't make her think of her past, but somehow started memory. Somewhat stressful. Cried for a couple of hours. Feel about self? R felt better about self that “we could talk through it, and the support that I felt and the caring”.

“Just lingering discussions about arrangements, etc., relating to the divorce. Manner of understanding my wife's perspective and her decision to proceed with the divorce. She just wants to have a single life. That's what I am hearing so far. Trying to rationalize that there is something (I did), but she says nothing. That's stressful.” (Distracts R from his focus/a lot more difficult to get re-focused after discussion/R is trying to search for things he has done, not done that is affecting wife's thought processes/ideas of raising kids and whole concept of life has changed “picture of life I had has now changed...have to create new ones. Like a mini-upheaval”

“Just having my mom here is very hard for me because she's not well. I bring her on Mondays to my home, in the afternoons I keep her here. I do her laundry and do her hair and do different things for her. It's very difficult. She needs my emotional support. Just see her because she's failing so much. I can't work when she's here she has to be watched all the time. I know that a certain amount of time has to be spent making sure she's okay.”

APPENDIX 'E'

Severity Code Examples

Examples of Severity Rating '1':

(R had an argument with a coworker.) “It was part of a childish type thing. This was over a seat, a chair, in the break room. I got up and had my lunch spread out. A coworker got it, took my cheeseburger, put it aside, and I confronted him with that. It was just a childish type thing.”

“A driver behind me tailgated me. I've got this thing about people tailgating me. I get mad all the time. I don't want to argue because I'm arguing all the time. It was a 40 mph speed zone and a car comes up on me rather rapidly. I know it's going to be a problem but I don't know that the person's going to tailgate me to the degree that she did and I would guess within 2 feet of my back bumper and I do the speed limit all the time or less so the person was on my tail for about 30 seconds before I pulled off the road and let her go. And when I pulled off the road I could have put the window down or gotten out of the car. I could have stopped in the road because I thought it was a male and it was a female and I could have busted out their windshields, but I don't do things like that.”

(R didn't argue with her sister.) “We were on the way to the jazz concert and...it was something

little but it was irritating to me. I avoided arguing. She's never on time when I come to pick her up. I drive all the way over to pick her up and I have to wait. She's never on time. I felt good today and I wasn't going to let her ruin my day."

(R didn't argue with another volunteer at a community center.) "I had gotten an award for my volunteer work and I think this lady was just jealous so she said, 'oh, somebody else had volunteered for 50 years.' This lady is just that way. My first instinct was to get angry and lash out but it's not worth it."

(R didn't argue with her child.) "It was just chores. She just didn't do it. It was a hassle. She was supposed to make her bed and she didn't and you know, she was supposed to do some things and she just didn't and I just didn't bother fussing about it. It's just I like things done on time and things like that. It was just a bad start to the day. " If R had argued she been mad at herself like she is when she argues with other people.

Examples of Severity Rating 2:

"It was somebody driving a car. We had a little altercation, almost an accident. The guy cut in front of my car about three times on the highway and it's silly to argue with people like that, you know. I pulled off the road and let him keep going and then I continued."

"This afternoon my two youngest daughters competed in a state piano competition and that's really stressful. I think most people would consider that stressful because it's very tense and all the kids are pacing up and down the hall and the judging are there being stern and you're talking to the judge and you're trying to keep the kids making sure they do their best and everybody's all stressed out and people snap at each other." R's daughters are 11 and 15. "You're trying to be a calm relaxed person and give support to other people but when everybody's that stressed out you feel like snapping at everyone."

"R argued with her daughter. "Well, we were supposed to go somewhere this weekend. I ended up canceling because I just don't feel like I'm going to be able to make it all day. She was upset with me because she wants to go. And I said, 'Well, I'm sorry we can't go. And she was upset about it. And then I wanted her to help me with fix supper and she didn't really want to do it so that's another thing. So, it's about chores and activities. Because, I was just so tired and everything and wanted help and I didn't get it. I got upset about it then. I was frustrated with it. I can't do everything I'm used to doing and I don't like to have disagreements. It just upset me. My daughter's having a time with me...She's having to realize I can't do everything she wants me to."

"Yeah. Today was really a stressful day at work. It seemed like everything went wrong. I didn't feel well and then everything went wrong. It turned out it really wasn't my fault or anything. It's

just that we had to resolve a lot of things and it was just you know, a bad day. Well, our headquarters has a new girl and she couldn't find some things so we had to go back and find some things and show her exactly where everything was and that took our time and everything and we did that. And then we had some other work. Well, people that we billed, well they lost the thing, or didn't get them, or whatever, so we had to go back and re-trace over a year's worth of stuff and try to figure out what you now, straighten up the records and everything...A lot of paper shuffling.”

Examples of Severity Rating 3:

(R argued with his immediate supervisor.) “It’s just a matter of...I have been demoted from, it’s not a demotion...it’s a cutback...there was a situation where they cut back on expenses. They had done away with...my position, so I have gone back to the shop...but it happens that my immediate supervisor is a truck driver that has turned into a terminal manager and he really does not know the functions of this shop or a mechanics shop which is what my function was the past four years. And now, he takes over my position and tries to take over that position plus the truck drivers and dispatching and it’s hard for him to do both jobs.“

(R argued with Boss.) “He was lying. He was telling me something happened that didn't happen. I work for a big supermarket, I'm a department manager and he’s the store manager. I think there’s something wrong with this dude. I told him to get lost. But I told him in harsher terms--like get out before I throw you out.” It lasted about a half hour. “He got the message loud and clear, either he goes or I go.” “I don't get stressed out, honey.”

“I haven't seen my daughter for two days, she’s been over a friend’s house. Today she got home and I spent some time with her and she wanted to spend the night with somebody else. I'm actually paying this other lady to take care of my children. I feel like I'm not the mom I used to be. It really bothers me because of the situation We're in right now.” (R’s Daughter is 8 year old daughter.)

(R argued with girlfriend). “Basically, it’s an ongoing thing. It’s about her going back to work. I just don't want her to work, what she wants to do. It'll be temporary, but I just don't want her to do it. She called. and it brought up, the same old argument about her wanting to go back to work. She won't accept my help, financially, emotionally, whatever. “

“I had a wedding I had to do today and was running a bit behind schedule. I was stressed and I don't stress easily. Things didn't go exactly as planned and I was just running behind schedule. I catered the reception. I like to get it done early so there is plenty of time before the wedding and I cut it a little close. I got the cake set up about 2 hours before the ceremony. I like to have it late in the evening before.” (R had other commitments and was thrown off course from doing these other things).

Examples of Severity Rating 4:

“I had a friend killed in a car accident last night. I go to school with his mother and I've known him since he was a small boy and he's just 29 so, you know, it was somewhat. Maybe the shock yet. You worry about yourself because you're on the roads too. I'm not in such a rush. Because, you know, that was the problem. He was in a rush to get to work. It'll make me more conscious. After a while, you'll forget about it and become more careless yourself.”

“My oldest daughter had an abortion today. Well, number one, we've gone through, well, she already went through all the deciding process quite some time ago. And, actually went through a deciding process...before she became sexually active to see if she were to become pregnant at this particular time what would she do about it. And so, she had already thought this out a long time ago and kept on trying to keep tabs on herself to see if she changed her mind about it or whatever and then acted accordingly. And, has been taking proper precautions, but you know, here it happened. And so, she went ahead and did this...There is always a concern because it is a medical procedure that a person goes through. You don't know what kind of physical or emotional pain they will go through.”

“Worrying about this re-organizing and some people may lose their jobs. Our warehouse is getting rid of some of our items so they won't need to be shipped and it is causing some people to lose their jobs. We don't know who will be the ones or when it will happen. “ (R doesn't think she will be one, but)”it is possible” (She doesn't know how it will affect her income. Said maybe a little since she carries insurance for her family.) “You don't feel as useful”.

“It had to do with an investigation where a police officer killed someone. I work with the state law enforcement division. I had to help the investigation. Not real often, It's probably the second incident that I've investigated in the past three months where it's a police officer involved in shooting someone. Dealing with his family, the victims, and dealing with the police officer. In a situation like that one thing you say can be not so much wrong as far as legal aspects but could be wrong as far as psychological aspects. You need to be very careful with what you say. I've been in law enforcement, this is my 33rd year. “

APPENDIX 'F'

Non-event Code Examples

This is an example of no specific event:

Some people might consider my job extremely stressful...I just think the fact that I'm the only person that keeps the classified ads department together...Its a lot of work to keep that department together but I make sure its correct cause then I don't have to give out free advertising to make up for bad

ads. I've gotten so used to the department that its gotten easy for me to keep it together. I want to get out of that job. I'm not happy with that job and its time to move on.

This is an example of no specific event in the past 24 hours:

I have a friend. It didn't happen today. This lady went looking for work. She has two children. She's a close friend of ours and we feel sorry for her. We keep remembering her, you know. I keep remembering past experiences, having failed at work. I wasn't hired for next year. The memory, thats a source of hopelessness and anxiety.

This is and example of the same event being repeated on the same day but in a different category:

Event 1: (R argued with partner) I don't want to answer this. (R said she was emotionally upset, distracted, less quality work accomplished and it made R question herself).

NO EVENT: (R could have argued with partner) Evaluating my own feelings. And don't want to talk about it. (Was it in reference to what you just described?) Yes. (R said she felt confused and may have slowed her day in getting things done).