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RECENT LIFE EXPERIENCES: PSYCHOMETRIC DATA IN THE CASE OF WEST AREA OF ROMANIA

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Abstract
This study examined the relations between daily hassles, depression and life events on mental health among adults in Romania. Data on daily hassles, depression, life changes were collected from a sample of 724 adults by means of a self-administered questionnaire which included the translated Romanian version of the Survey of Recent Life Experiences (SRLE), Beck Depression Inventory (BDI), and the Evaluation Scale of Recent Life Events (ESRLE). With the use of principle axis factoring followed by direct oblimin rotation SRLE factors were extracted. Findings revealed that hassles were related to higher depression and life changes.

Keywords: daily hassles, life changes, stress, depression

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Theoretical aspects

Early studies have revealed that daily hassles were inversely related to psychological and physical health. Daily hassles not only affect well-being by having immediate and direct impact on emotional and physical functioning, but also by piling up over a number of days to create persistent frustration.

Lazarus and Folkman (1984) considered hassles as the daily interactions with the environment; hassles were negative in essence or conditions and experiences of daily life which are seen by the individual as frustrating, irritating or threatening for his physical and psychical comfort condition. Kohn and Macdonald (1992) considered the literature of speciality on the hassles and concluded that together with the daily and quotidian irritations and the adequate stressors, they are predictive for measuring the well being of the negative somatic mood.

Quotidian hassles can be irritating and frustrating demands which are, to some extent, characteristic to daily transactions with the environment. The cumulative impact of hassles shall lead to stress, in particular if the positive compensation experiences are missing.

An event interpreted as being undesirable or imposing the personal resources could result in the psychological stress. To a greater extent the stress faced by an individual is a product of the continuous harassment of daily hassles such as cum: time pressure, preoccupation for work and financial reasons. Hassles were defined as daily, minor or chronic pressures perceived and experimented as being "severe" difficulties (Kohn, Lafreniere, & Gurevich, 1991, p. 478; Kohn & Macdonald, 1992, p. 221). Repeated exposure to quotidian hassles, even at a level perceived as being low, was related to somatic diseases (Marian, Drugaş, & Roşeanu, 2005; Marian, 2008; Maier, 2011).

Kohn and Macdonald (1992) investigated the aversive impact of cumulative exposure and of the daily hassle and they built a decontaminated scale for measuring the hassles for adults – the Scale of Recent Life Experiences (SRLE) – which they validated starting from a fond of 92 items, administrated to 100 subjects together with the Scale of Perceived Stress (SPS). There were selected 51 items on the basis of the correlations with the scale mentioned before. There were removed from the scale the items directly referring to subjective and physical distress or to mental health, being involved only measures of the degree of exposure, excluding the considerations related to severity, desirability or impact. SRLE contains six subscales: social and

cultural difficulties, work, time pressure, finances, social acceptance and social persecution (victimization), (ten items of the scale are not part of any factor). Each item is presented on a scale from 1 to 4. The fidelity coefficient (.91) and the correlation with the perceived stress were high. In a subsequent study on a lot of 136 adults, SRLE correlated with SSP and the values obtained were in the same area. Still the analyses separately made on sexes supported the fidelity and the validation of SRLE beyond the gender. But the factorial analyze produced a number of at least 6 interpretable factors and the inter-correlations between them were modest, suggesting that the scale was not contaminated by the psychological stress. The authors still suggested the utilization of the global score. SRLE was designed in order to minimize the influence of the subjective mood or the stress answers.

The exclusion of items directly referring to the well -being, measuring the exposure to hassles as opposed to their subjective impact supplies (along with the title which inoculates this idea) a decontaminated measuring of the hassles. The term „decontamination" is used in this study in order to strictly refer to the absence of contamination measuring of the hassles by somatic diseases, to the deterioration of mental health or to the subjective distress and not to the absence of errors in measuring coming from other sources.

SRLE was developed as an alternative to the Scale of Daily Hassles (SDH), in order to eliminate the items related to psychological and physiological distress (Green, 1986; Dohrenwend & Shrout, 1985; Kohn & Macdonald, 1992; Kohn, Lafreniere, & Gurevich, 1991). The researches on stress and hassles were focused on the determination of the potential connection between stress and psychological and physiological semiology; for this reason the conceptual overlapping and the common items found in SDH might lead to the overcharge of this relationship.

In our study we use the short version of SRLE (Kohn & Macdonald, 1992) which is formed of 41 items meant to measure the hassles accumulated during a period of time. The participants were asked to identify the measure in which the item was part of their life one month earlier. The answers are presented on a Likert type scale, from 1 (none) to 4 (a lot). The score represents the addition of the answers to all the items varying from 41 to 164. The higher score indicates the experimenting in a higher degree of the hassles from the last month. SRLE presents a high internal consistence (α=.91) and significant

correlations with anxiety, perceived tress, psychiatric semiology and the minor somatic indisposition.

Administration

Kohn and Macdonald (1992) measured the recent life experiences generally to adults, consequently the SRLE scale can be applied over the age of 18 and can be completed both individually and collectively.

The instrument tries to make a distinction between the situations referring directly to the wellbeing, measuring the exposure to hassles situations opposed to their subjective impact. It is admitted the fact that there is not always a clear limit between these two categories.

The instructions are simple and they solicit to the respondents to indicate for each experience from the list how much it was part of their life during the last month.

SRLE is involved so as that the higher scores to reflect the highest aversive impact of the cumulative and global exposure to daily hassles.

Quoting of the answers

The scale contains 41 items. They are formulated in sentences towards which the subjects are asked to express their agreement by using the four points Likert scale. The distribution of the subscales is the following: Social and Cultural difficulties; Work; Time Pressure; Finances / Budget; Social Acceptance; Social Persecution / Victimization.

SRLE is an easily quoting instrument due to the fact that the results for each item are gathered in a total final score. In the case of each subscale the scores to the corresponding items shall be summed.

Utilization / practical applications

SRLE was used as an instrument for research, diagnosis and for monitoring the changes appeared during the therapeutic interventions mainly relaxation techniques. Although SRLE was mainly engaged in studies of the stress, the researches presented in this study indicate that the scale can be applied to researches of psychosomatics, clinical psychology, psychotherapy, geriatrics and life changes. SRLE was not explicitly designed as a clinical instrument but it can also be successfully used in the current medical practice.

Objective

The proposed study will investigate the adverse impact of cumulative global exposure to hassles of different types, as proposed by Kohn and Macdonald (1992). Their decontaminated measure eliminates items with direct and clear reference to subjective distress and physical or mental health; has a format which involves rating degree of exposure only, excluding considerations of judged severity, desirability, or impact; and uses an innocuous title, "*Survey of Recent Life Experiences*".

1. Validation of the instrument and establishment of the norms for the clinic and non clinic population;

2. Empiric examination of the relation between SRLE and other relevant instruments.

Study 1

Method

Participants

In our study we included 724 subjects from rural and urban environment and heterogeneous from the point of view of the education level. The initial lot was formed out of students, persons with secondary and higher education and persons diagnosed with psychical and somatic disturbances (including neoplasm). The subjects were aged between 18 and 67 years old, they had the average age m=30.61 and the standard deviation SD=11.60. We also mention that there were included 264 men (36.5%; average age m=31.08; SD=11.73) and 460 women (63.5%; average age m=30.33; SD=11.54). From the point of view of the civil status, in the study there were included 390 non married persons (53.9%; 128 men and 262 women), 278 married persons (38.4%; 119 men and 159 women) and 56 divorced persons (7.7%; 17 men and 39 women).

In the second phase (T_2) of the study took part 254 subjects who formed the sample for establishing the results at SRLE. The subjects were aged between 18 and 57 years old with an average age m=27.25 and the SD=10.21. There were included 64 men (25.2%; m=34.10; SD=10.77) and 190 women

(74.8%; m=24.94; SD=8.93). From the point of view of the civil status, in the study there were included 196 non married persons (77.2%; 54 men and 142 women), 57 married persons (22.4%; 10 men and 47 women) and 1 divorced person of feminine gender (0.4%).

Procedure

The subjects completed the SRLE, the Beck Depression Inventory (BDI) and the Evaluation Scale of Recent Life Events (ESRLE). The second session of examination (T_2) was implemented after 5 weeks in 2006 and explicitly focused on the constancy of the results at SRLE.

In order to establish the internal consistency and to confirm the factors, we analyzed the results of the whole lot of the subjects. In the establishment the trust coefficient (test-retest) and in the validation of the SRLE there will be presented the results of the subjects who took part at the two sessions (254 subjects) without considering the subjects who were not present at the second session. The subjects were examined in small groups without a time limit imposed by the examiners (SRLE can be completed in roughly 5 minutes) and under the protection of anonymity (the subjects noted on the answer documents a code which was used during the following session).

Results

One first analysis was launched in order to surprise the differences between men and women at the SRLR scales. The differences were not seen and as a result, the averages and the standard deviation were calculated for the whole lot.

Exploratory factor analysis

The sample of the subjects used for the adaption of the SRLE is made of 724 subjects. The preliminary examination of the correlation matrix proves that all SRLE items are positively inter-correlated, Barlett sphericity test is statistically significant $\chi^2(820, N=724)=9386.808$, $p<.001$ sustaining the utility of the factorial analysis. The adequacy testing of the sample was made with the Kaiser-Meyer–Olkin (KMO) method, obtaining a value of .89 which proves that the sample fulffills the basic conditions for using the factorial analyze. For the adequacy degree of the sample, for each variable in part, we used the option

„anti-image" which has on diagonal values higher than 90 for 23 items, values higher than 80 for 15 items and values higher than 70 for 3 items. These values indicate a good adequacy of the sample for each variable in part, considering the fact that on the main diagonal there are necessary values higher than 50.

Kohn and Macdonald (1992) registered the existence of six important factors of recent life experiences; in our adaptation study of SRLE on the Romanian population we applied the factorial analysis with the direct modality of factors` oblimin rotation, modality which allows the factors to correlate at different intensities. Consequently there were identified six factors which represent 45,2% from the data variance (see table 1). The highlighted factors are consistent with those presented by Kohn and Macdonald (1992) and Hennessy, Wiesenthal, and Kohn (2000).

- Factor 1 - social and cultural difficulties, contains 11 items and covers 22.35% of the results` variance;
- Factor 2 - time pressure, contains 8 items and covers 7.11% of the results` variance;
- Factor 3 - work, contains 7 items and covers 4.74% of the results` variance;
- Factor 4 - finances/ budget, contains 3 items and covers 4.07% of the results` variance;
- Factor 5 - social persecution contains 10 items and covers 3.60% of the results` variance;
- Factor 6 - social acceptance, contains 2 items and covers 3.38% of the results` variance.

After the rotation one can notice (table 1) the strong influence of the first factor (5.74), followed by the relatively forthcoming influence of factor three (5.03), of factor five (4.55), of factor two (4.12), of factor four (3.79) and of factor six (2.41), results which determine us to give credit to this scale.

In figure 1 we present the graphic representation of the eigenvalues for each of the factors, out of the 41 possible which are represented on the abscissa, while on the ordinate are noted the eigenvalues. Consequently, we extract six factors (as we saw at table 1) which may lead to an adequate solution in the SRLE case.

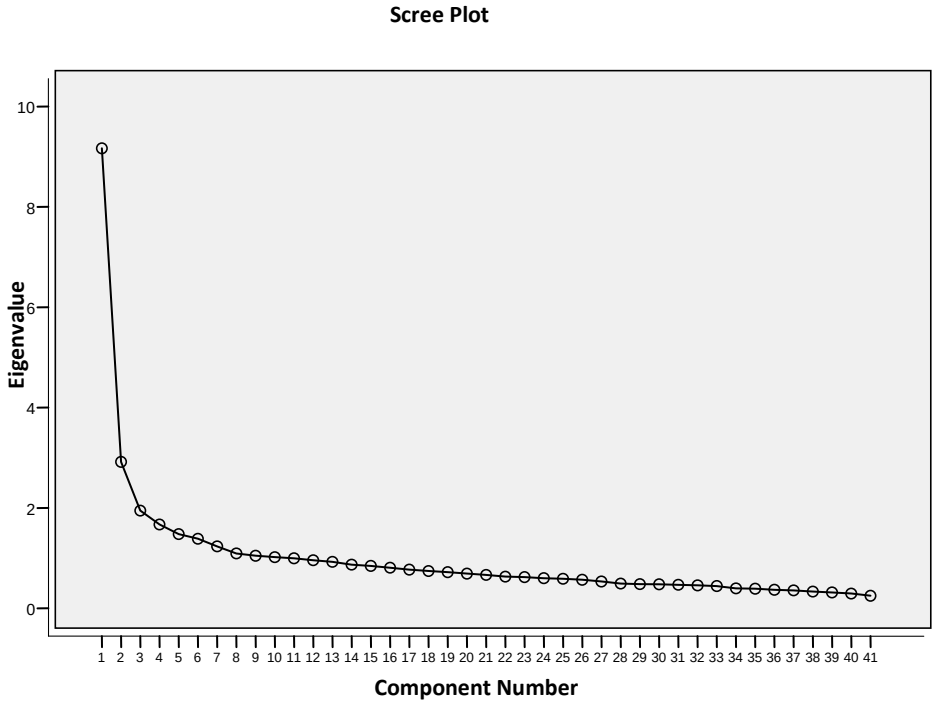

Figure 1. Eigenvalues resulting from analysis

Table 1. Total variance explained of the factors

Component	Initial Eigenvalues			Rotation
	Total	% of Variance	% Cumulative	Total
1	9.166	22.355	22.355	5.746
2	2.916	7.112	29.468	4.123
3	1.946	4.746	34.214	5.030
4	1.670	4.073	38.287	3.791
5	1.478	3.604	41.891	4.551
6	1.386	3.380	45.271	2.419
7	1.233	3.007	48.278	
8	1.092	2.664	50.942	
9	1.047	2.554	53.496	
10	1.019	2.485	55.981	
11	.997	2.431	58.411	

Table 1. Total variance explained of the factors - *continued*

Component	Initial Eigenvalues			Rotation
	Total	% of Variance	% Cumulative	Total
12	.957	2.333	60.745	
13	.925	2.257	63.001	
14	.868	2.118	65.120	
15	.844	2.058	67.178	
16	.808	1.971	69.149	
17	.770	1.878	71.028	
18	.742	1.811	72.838	
19	.719	1.754	74.593	
20	.691	1.685	76.278	
21	.664	1.621	77.898	
22	.631	1.540	79.438	
23	.621	1.513	80.952	
24	.599	1.461	82.413	
25	.588	1.433	83.846	
26	.569	1.387	85.233	
27	.534	1.302	86.535	
28	.493	1.202	87.737	
29	.481	1.174	88.910	
30	.477	1.165	90.075	
31	.467	1.140	91.215	
32	.457	1.114	92.329	
33	.443	1.080	93.409	
34	.397	.968	94.377	
35	.389	.950	95.326	
36	.369	.899	96.226	
37	.355	.867	97.093	
38	.333	.813	97.906	
39	.315	.768	98.673	
40	.294	.717	99.390	
41	.250	.610	100.000	

In table 2 we present the matrix of the factorial model indicating the grouping of the factors 1, 4, 5, 9, 11, 12, 19, 25, 27, 37, 39 in the first factor, of the items 8, 13, 15, 17, 20, 23, 30, 41 in the second factor, of the items 2, 6, 18, 22, 24, 26, 35 in the third factor, of the items 10, 16, 21 in the fourth factor, of the items 3, 7, 14, 28, 29, 31, 32, 34, 36, 40 in the fifth factor and of the items

33, 38 in the sixth factor. In table 2 the matrix of the factorial structure presents us the way in which the items correlate with the six factors of the SRLE.

Table 2. Pattern Matrix of the SRLE

Item	1	2	3	4	5	6	Communalities
11	.693	.003	-.027	-.015	.074	.100	.557
27	.647	.036	.031	.065	.089	-.095	.472
5	.600	-.123	-.128	.009	.119	.049	.467
39	.576	.031	.077	.062	.287	-.021	.510
37	.552	.094	.111	-.017	.198	-.020	.393
4	.446	-.075	-.241	-.002	-.044	.009	.282
25	.426	-.017	-.126	.133	.081	.132	.359
12	.421	.230	-.218	-.035	-.025	.138	.428
19	.349	.157	.061	.150	.082	-.256	.257
1	.274	.003	-.251	.076	-.045	.137	.231
9	.262	.122	.046	.099	-.153	.124	.143
17	-.169	.715	-.058	.222	-.019	.011	.589
8	.122	.691	-.006	-.037	-.058	-.039	.515
15	-.103	.650	-.068	.033	-.061	.054	.440
20	.016	.605	-.146	.028	.077	-.047	.452
13	.216	.504	.110	.011	-.266	-.057	.364
30	-.031	.414	-.086	-.091	.313	.194	.353
23	.091	.339	-.047	-.106	.058	.117	.174
41	-.140	.335	-.319	.256	.264	-.150	.467
2	.017	.112	-.761	.076	-.122	-.127	.622
35	-.002	-.079	-.700	.005	.016	.015	.480
18	.016	.080	-.640	.161	-.019	.038	.524
6	.149	.155	-.579	-.120	.132	-.050	.497
26	-.040	.371	-.503	.097	.013	-.041	.497
24	.309	.224	-.357	-.053	.075	.043	.426
22	.242	.183	-.330	.042	.104	.206	.445
21	-.024	-.014	-.021	.851	.027	.119	.766
16	-.024	.024	-.025	.821	.059	.072	.726
29	.065	.057	.207	-.020	.647	.006	.415
34	.089	.057	.051	.119	.586	.027	.430
32	.194	-.043	-.191	-.025	.560	.190	.574
3	.108	-.121	-.073	.032	.533	-.084	.360
7	.160	-.189	-.297	.077	.514	.014	.545
31	.124	-.187	-.187	.062	.494	.145	.448
36	.122	.157	.189	.322	.381	.047	.382
28	.169	-.062	-.116	.343	.346	-.263	.440
40	-.117	.028	-.183	.152	.310	.097	.210

Table 2. Pattern Matrix of the SRLE - *continued*

Item	1	2	3	4	5	6	Communalities
14	.246	.182	-.249	-.090	.301	.107	.407
33	.023	.072	.174	.109	.074	.820	.727
38	-.002	-.013	.020	.120	.027	.785	.649

Internal consistency

Kohn and Macdonald (1992) reported the fidelity of SRLE between .90 and .91 for the total score.

Hennessy, Wiesenthal, and Kohn (2000) indicated that the scale could be applied by using the original items and the fidelity of SRLE scales and the total score was high, confirming the results obtained by the authors of the scale.

In our study, after the adaptation of the items, we observe that the subscales present a similar fidelity of the previous studies reviewed. The correlation between the items and the total score of the SRLE (between .22 and .62) is significant at the limit $p<.01$ indicating the utility for maintaining the items in the appreciation instrument of recent life experiences. The data presented in table 3 are close to those reported by Hennessy et al. (2000).

Table 3. Reliability, Means, Standard Deviations, and Ranges of Study Measures (*Sample n=724*)

Measure	No. of Items	M	SD	Cronbach's α	Test - retest	
					N	r
Social and Cultural difficulties	11	20.44	5.63	.78	254	.76**
Time pressure	8	18.01	4.46	.72	254	.76**
Work	7	12.08	4.29	.80	254	.66**
Finances / budget	3	7.19	2.47	.74	254	.78**
Social persecution	10	16.13	5.06	.78	254	.69**
Social acceptance	3	4.16	1.71	.74	254	.74**
SRLE total	41	78.02	17.20	.90	254	.74**

Note: ** $p<.01$

The fidelity of SRLE was estimated by using the *alpha Cronbach* coefficient. In the case of the total score at SRLE was obtained a coefficient of .90 (41 items). This value indicates an excellent internal consistency, in table 3 we also present the internal consistency of the six subscales, the values being between .80 (work) and .72 (time pressure).

Table 4. Factor Intercorrelations for the SRLE

Scale	1	2	3	4	5	6	7
1. Social and Cultural difficulties	-						
2. Time pressure	.33**	-					
3. Work	.57**	.46**	-				
4. Finances / budget	.39**	.35**	.25**	-			
5. Social persecution	.66**	.37**	.57**	.41**	-		
6. Social acceptance	.23**	.20**	.12*	.24**	.23**	-	
7. SRLE total	.83**	.67**	.76**	.58**	.82**	.37**	-

Note: *p<0.05; **p<0.01

In table 4, we observe that in the case of the six subscales, the inter-correlations are at levels which are close to those of the fidelity coefficients, suggesting the idea that between them there is no clear demarcation.

Trust coefficient test – retest

In our study (table 3) the results of the examinations in the test and retest phase present a good stability of the SRLE scales and subscales, the value r being significant at a limit p<.01. The calculation of the correlation coefficient between the two administrations (T_1 and T_2) is between .66 and .78, thing which indicates the stability of the results. T test for the pair samples shows there are no statistic significant differences between the two examinations. The results obtained in our study are close to those previously mentioned.

Study 2

Method

Participants

A sample formed of 70 participants diagnosed with depression and during the first week of hospitalization and another one formed of 70 non-depressive participants completed SRLE, Beck Depression Inventory (BDI; *apud* Ripper, 1994) and the Evaluation Scale of Recent Life Events (ESRLE; Holmes & Rahe, 1967).

The patients diagnosed with depression had a average age of 46.75 years old (SD=11.07; between 20 and 65 years old) and the sample was formed of 29 men (41.4%) and 41 women (58.6%); from the civil status point of view,

38 patients were not married (54.3%), 25 patients were married (35.7%) and 7 patients were divorced (10%).

The control lot (non-depressives) had an average age of 28.27 years old (SD=10.17; between 19 and 60 years old) and was made of 33 men (47.1%) and 37 women (52.8%); from the civil status point of view 31 subjects were not married (44.3%), 37 subjects were married (52.9%) and 2 divorced subjects (2.9%).

Instruments

BDI was built in order to reflect "the subjective depth of depression", a quantitative estimation of the intensive subjective semiology according to diagnosis criteria of DSM^{TM} (APA, 1994). The items are grouped around three factors: underestimation, alteration of self image, pessimism – suicidal ideation, diminution of vitality.

The Evaluation Scale of Recent Life Events (ESRLE) was built by Holmes and Rahe in 1967. The scale evaluates the main events grouped in 4 categories (health condition, work, home and family), giving to each item a score which indicates the pathogen potential of those events. The scale proposes an appreciation of the events passed during the last year; ESRLE can be applied individually or in group. The scale is adapted on the population from our country, so between 0 and 150 the subject is considered without significant "problems", between 151 and 200 a slight life crisis, between 201 and 300 medium life crisis and over 301 major life crisis.

Procedure

The subjects completed the SRLE, the Beck Depression Inventory (BDI) and the Evaluation Scale of Recent Life Events (ESRLE).

The subjects were examined in small groups without a time limit imposed by the examiners and under the protection of anonymity (the subjects noted on the answer documents a code which was used during the following session).

Results

The data obtained by the comparison of the two lots of subjects support the discriminative and construct validity of SRLE. A preliminary analysis f the data could not see the differences between sexes. In the case of the two studied

lots (table 5) data show that depressive patients consider they have more negative life experiences as compared to the non clinic lot but there are no major ad consistent life changes as compared to the non-clinic lot.

Table 5. Independent Samples t Test for the SRLE, BDI and ESRLE

Scale		M	SD	T test	Sig.
Social and Cultural difficulties	Patients	23.68	6.46	3.64	.001
	Non-depressives	19.80	6.00		
Time pressure	Patients	19.85	5.26	1.93	.05
	Non-depressives	18.32	4.02		
Work	Patients	15.20	5.66	3.91	.001
	Non-depressives	11.97	3.94		
Finances / budget	Patients	8.27	2.38	3.95	.001
	Non-depressives	6.70	2.31		
Social persecution	Patients	20.55	7.12	4.01	.001
	Non-depressives	16.20	5.62		
Social acceptance	Patients	4.62	1.78	2.14	.05
	Non-depressives	4.00	1.68		
SRLE total	Patients	92.20	19.66	4.82	.001
	Non-depressives	77.00	17.53		
BDI	Patients	26.37	10.20	17.13	.001
	Non-depressives	4.57	3.02		
ESRLE	Patients	178.78	122.09	- .96	.33
	Non-depressives	198.64	121.27		

Note: *p<0.05; **p<0.01

In table 5 we observe that the subscales SRLE have a good discrimination capacity between the clinical and the control lot and the way in which they live their life experiences is more nuanced by the fact that it is explicitly centred on the immediate life experiences.

Table 6. Correlations between SRLE measures and other variables

Scale	BDI	ESRLE
Social and Cultural difficulties	.34**	- .22**
Time pressure	.23**	- .18*
Work	.42**	- .02
Finances / budget	.34*	- .14*
Social persecution	.46**	- .10
Social acceptance	.07	- .15*
SRLE total	.48**	- .18*

Note: *p<0.05; **p<0.01

In table 6 we observe an association of the SRLE subscales with the depression measured with BDI and less of the subscale „social acceptance" fact sustained by the literature of speciality by the fact that the depressive persons tends to isolate himself and in the same time to consider himself rejected by the society. We observe negative correlations between SRLE and ESRLE in the case of four subscales and in the case of the total score, which confirms the discriminative capacity of SRLE; as a consequence, having recent life negative experiences does not necessarily imply major events or major life changes.

Conclusions

Hassles or mundane stressors have been shown to affect physical and mental health adversely (De Longis, Coyne, Dakof, Folkman, & Lazarus, 1982). Others have shown that the negative impact of hassles on well-being far exceeds that of major life events (Holahan, Holahan, & Belk, 1984; Monroe, 1983; Roşeanu, 2011).

Critics have attributed these findings in part to the measurement of hassles which is contaminated in content and format with negative well-being (Ewedemi & Linn, 1987; Green, 1986; Marian & Filimon, 2011).

Validity. Empiric studies give credit to the scale built by Kohn and Macdonald (1992) and to the construct and criteria validity of SRLE. Kohn and Macdonald indicated that high levels of daily hassles were associated with high levels of psychosomatic semiology. The authors proved that SRLE had a good concurrent and factorial validity.

De Joung, Timmerman, and Emmelkamp (1996) indicated that the instruments used in the past for measuring daily hassles were confounded with the psychological well being regarding the form and content. In order to block such a contamination, SRLE seems to be the most proper instrument. In the case of German population the factorial analysis confirms the initial structure excepting one item which is part of the factor six. The internal consistency of the factors is satisfactory due to the fact that additional factors are added. The relation between SRLE and other variables is in accordance with other previous researches. The data supports the trans-cultural construct validity of SRLE.

Convergent or discriminative validity of SRLE, was also proven by Naliboff, Mayer, Fass, Leah, Chang, Bolus, and Mayer (2004) who showed that psycho-social stressors (measured by SRLE) are associated with the

exacerbation of the symptoms in functional and inflammatory disorders of the gastrointestinal tract. In a longitudinal study they started from the hypothesis that stressors can exacerbate symptoms in chronic patients. The severity of the symptoms was measured by anxiety scales, depression, recent life events, life quality and journals. The presence of severity was supported by the daily stress which had been installed six months earlier, predicting the significant increase of the symptoms (such as gastric burns) during the following four months. Affective and subjective stress was not closely connected to the severity of the symptoms, still, anxiety manifests a close relation with the deterioration of life quality and depression in the case of medicaments use for reducing gastric burns. Just like in the case of chronic conditions such as the Syndrome of the Irritable Intestine, the severity of gastric burns seem to be much more sensitive to major life events and less to the accumulation of minor stressors or mood fluctuations. Potential mechanisms of these results include big and frequent exposures of the esophagus to acid, the inhibition of releasing the gastric acid or stress induced by hypersensitivity.

Hennessy, Wiesenthal, and Kohn (2000) measured daily hassles with SRLE for the driver's ad they observed that the problems connected with urban traffic and time pressure interfered significantly. Moderate exposure to hassles increases the stress mood at drivers, acknowledgements suggesting that stress mood is influenced by the combination of situational and personal factors, including external factors in the context of driving.

In our study, after the adaptation of the items, we observe that the subscales present a similar fidelity of the previous studies reviewed. The results of the examinations in the test and retest phase present a good stability of the SRLE scales and subscales, the value r being significant at a limit $p<.01$

The subscales SRLE have a good discrimination capacity between the clinical and the control lot and the way in which they live their life experiences is more nuanced by the fact that it is explicitly centred on the immediate life experiences.

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