

Perceived Impact of Life Events Scale (PILES)

The PILES measures the impact of life events through assessing perceptions of gains and losses attributed to those events.

Please think of major life events that you have experienced throughout your life. Below, please list **one** of your most significant life events. Keep in mind that this event could be a single incident or a more prolonged experience.

Significant Life Event: _____

Are you currently experiencing this life event? ___no ___yes

How much time has passed since your significant life event began/occurred?

_____ days/months/years (circle one)

After a significant life event, a person can experience **both** gains and losses. These gains and losses can occur in many areas such as those listed below.

For each area, please use the following scale and circle the **current** level of loss or gain that you attribute to the event listed above.

1 = extreme loss

2 = moderate loss

3 = slight loss

4 = no change

5 = slight gain

6 = moderate gain

7 = extreme gain

For example, if you currently attribute a moderate level of gain in your self-esteem to the life event you selected above, please circle 6.

1. Self-esteem	1	2	3	4	5	6	7
----------------	---	---	---	---	---	---	---

	Extreme Loss	Moderate Loss	Slight Loss	No Change	Slight Gain	Moderate Gain	Extreme Gain
1. Hope	1	2	3	4	5	6	7
2. Time spent with friends	1	2	3	4	5	6	7
3. Meaning in life	1	2	3	4	5	6	7
4. Sexual functioning	1	2	3	4	5	6	7
5. Life satisfaction	1	2	3	4	5	6	7

	Extreme Loss	Moderate Loss	Slight Loss	No Change	Slight Gain	Moderate Gain	Extreme Gain
6. Income	1	2	3	4	5	6	7
7. Definition/view of self	1	2	3	4	5	6	7
8. Time spent with colleagues	1	2	3	4	5	6	7
9. Happiness	1	2	3	4	5	6	7
10. Sexual pleasure	1	2	3	4	5	6	7
11. Purpose in life	1	2	3	4	5	6	7
12. Current career	1	2	3	4	5	6	7
13. Wholeness	1	2	3	4	5	6	7
14. Exercise	1	2	3	4	5	6	7
15. Sense of Belonging	1	2	3	4	5	6	7
16. Time spent with romantic partner	1	2	3	4	5	6	7
17. Appreciation for life	1	2	3	4	5	6	7
18. Access to employment opportunities	1	2	3	4	5	6	7
19. Self-esteem	1	2	3	4	5	6	7
20. Quality of romantic relationship	1	2	3	4	5	6	7
21. Will to live	1	2	3	4	5	6	7
22. Financial security	1	2	3	4	5	6	7
23. Personal values	1	2	3	4	5	6	7
24. Current employment position	1	2	3	4	5	6	7
25. Sexual desire	1	2	3	4	5	6	7
26. Level of social acceptance	1	2	3	4	5	6	7
27. Educational achievement	1	2	3	4	5	6	7
28. Trust	1	2	3	4	5	6	7
29. Material possessions	1	2	3	4	5	6	7

Overall, do you consider your significant life event to have been/to be a (please check only one)

_____ desirable or _____ undesirable experience?