

Life Change and Stress – Problems with the SRRS



This activity will help you to:

- Understand basic criticisms of the SRRS and associated research*
- Use your psychological knowledge to elaborate on criticisms*
- Write evaluative paragraphs in exam essays*

For each of the criticisms below, write a few notes that elaborate on it. For example, explain why it is a problem or criticism. Use the notes you make to write three short evaluative paragraphs.

Criticism	Your explanation/elaboration notes
No account is taken of how different individuals may perceive events	
The SRRS includes both positive and negative events	
The research data are usually correlational	