

# Life Change, Stress and Illness (Rahe et al, 1970)



*This activity will help you to:*

- Describe APFCC for Rahe et al (1970)
- Distinguish between essential detail and elaboration

Using your text or other sources, summarise the study. Distinguish between essential details and elaboration in your description.

## Rahe et al's study of Life Change and Illness in US Navy personnel

	Essential Information	Additional Detail
Aims		
Procedures		
Findings		
Conclusions		
Criticisms		