The Holmes-Rahe Life Stress Inventory

**The Social Readjustment Rating Scale**

**INSTRUCTIONS:** Mark down the point value of each of these life events that has happened to your during the previous year. Total these associated points.

**LIFE EVENT MEAN VALUE**

|  |  |  |
| --- | --- | --- |
| l. | Death of spouse | **100** |
| 2. | Divorce | **73** |
| 3. | Marital Separation from mate | **65** |
| 4. | Detention in jail or other institution | **63** |
| 5. | Death of a close family member | **63** |
| 6. | Major personal injury or illness | **53** |
| 7. | Marriage | **so** |
| 8. | Being fired at work | **47** |
| 9. | Marital reconciliation with mate | **45** |
| l 0. | Retirement from work | **45** |
| 11. | Major change in the health or behavior of a family member | **44** |
| 12. | Pregnancy | **40** |
| 13. | Sexual Difficulties | **39** |
| 14. | Gaining a new family member (i.e birth. adoption, older adult moving in, etc.) | **39** |
| 15. | Major business readjustment | **39** |
| 16. | Major change in financial state (i.e a lot worse or better off than usual) | **38** |
| 17. | Death of a close friend | **37** |
| 18. | Changing to a different line of work | **36** |
| 19. | Major change in the number of arguments w/spouse (i.e either a lot more or a lot less than usual | **35** |
|  | regarding child rearing, personal habits. etc.) |  |
| 20. | Taking on a mortgage (for home, business, etc ) | **31** |
| 21. | Foreclosure on a mortgage or loan | **30** |
| 22. | Major change in responsibilities at work (i.e. promotion, demotion, etc.) | **29** |
| 23. | Son or daughter leaving home (marriage, attending college. joined mil.) | **29** |
| 24. | In-law troubles | **29** |
| 25. | Outstanding personal achievement | **28** |
| 26. | Spouse beginning or ceasing work outside the home | **26** |
| 27. | Beginning or ceasing formal schooling | **26** |
| 28. | Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.) | **25** |
| 29. | Revision of personal habits (dress manners, associations, quitting smoking) | **24** |
| 30. | Troubles with the boss | **23** |
| 31. | Major changes in working hours or conditions | **20** |
| 32. | Changes in residence | **20** |
| 33. | Changing to a new school | **20** |
| 34. | Major change in usual type and/or amount of recreation | **19** |
| 35. | Major change in church activity (i.e a lot more or less than usual) | **19** |
| 36. | Major change in social activities (clubs, movies, visiting, etc.) | **18** |
| 37. | Taking on a loan (car, tv, freezer, etc.) | **17** |
| 38. | Major change in sleeping habits (a lot more or a lot less than usual) | **16** |
| 39. | Major change in number of family get-togethers ("") | **15** |
| 40. | Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings) | **15** |
| 41. Vacation | **13** |
| 42. Major holidays | **12** |
| 43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace. etc.) | **11** |

**Now, add up all the points you have to find your score TOTAL**

1S0pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown. 150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.

300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.