

Holmes & Rahe Stress Scale

Instructions: To assess the risk of stress in your life, examine each Life Event on this list. See if this has applied to you at some point in the last 12 months. If it did, write the corresponding number in the Tally column, then total your points.

	Life Event		Value	Tally
TSUNAMIS	1	Death of spouse	100	
	2	Divorce	73	
	3	Marital separation	65	
	4	Serious legal problems (i.e., Court/Jail)	63	
	5	Death of close family member	63	
	6	Personal injury or illness	53	
	7	Marriage	50	
	8	Fired at work	47	
	9	Marital reconciliation	45	
	10	Retirement	45	
	11	Change in health of family member	44	
	12	Pregnancy	40	
BIG WAVES	13	Sex difficulties	39	
	14	Gain of new family member	39	
	15	Business readjustment	39	
	16	Change in financial state	38	
	17	Death of close friend	37	
	18	Change to a different line of work	36	
	19	Change in number of arguments with spouse	35	
	20	A large mortgage or loan	31	
	21	Foreclosure of mortgage or loan	30	
	22	Change in responsibilities at work	29	
	23	Son or daughter leaving home	29	
	24	Trouble with in-laws	29	
	25	Outstanding personal achievement	28	
	26	Spouse begins or stops work	26	
	27	Begin or end school/college	26	
	28	Change in living conditions	25	
	29	Revision of personal habits	24	
	30	Trouble with boss	23	
	31	Change in work hours or conditions	20	
	32	Change in residence	20	
	33	Change in school/college	20	
REGULAR WAVES	34	Change in recreation	19	
	35	Change in church activities	19	
	36	Change in social activities	18	
	37	A moderate loan or mortgage	17	
	38	Change in sleeping habits	16	
	39	Change in number of family get-togethers	15	
	40	Change in eating habits	15	
	41	Vacation	13	
	42	Christmas	12	
	43	Minor violations of the law	11	

Score	Comment
300+	You have a high or very high risk of becoming ill in the near future.
150-299	You have a moderate to high chance of becoming ill in the near future.
<150	You have only a low to moderate chance of becoming ill in the near future.