

Date: _____

Patient Name _____

The Holmes and Rahe Stress Scale

- Slowly, read down through the list.
- Each life event is assigned a Stress Score– the number after it.
- If this event has occurred in your life **over the past year**, circle that stress score or write it on the corresponding line.
- If it doesn't apply to you, leave the line blank.
- At the bottom, total up the scores you have written on the lines and compare them to the Scoring Key.

Death of spouse	100	_____
Divorce	73	_____
Marital separation	65	_____
Imprisonment	63	_____
Death within family	63	_____
Personal illness or injury	53	_____
Marriage	50	_____
Redundancy from work	47	_____
Reconciliation of marriage	45	_____
Retirement	45	_____
Illness within family	44	_____
Pregnancy	40	_____
Sexual difficulties	39	_____
New family member	39	_____
Business changes or restructuring	39	_____
Changes in financial situation	38	_____
Death of close friend	37	_____
Change of occupation	36	_____
Increased conflict with spouse	35	_____
Large mortgage or loan	31	_____
Foreclosure of mortgage or loan	30	_____
New responsibilities at work	29	_____
Children leaving home	29	_____
Trouble with in-laws	29	_____
Great personal achievement	28	_____
Spouse starts or stops work	26	_____
Start or end of school or college	26	_____
Change in living conditions	25	_____

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Change in personal habits	24	_____
Trouble with employer or boss	23	_____
Change in work conditions	20	_____
Moving house	20	_____
Changing school or college	20	_____
Change in recreation	19	_____
Change in church activity	19	_____
Change in social activity	18	_____
Moderate mortgage or loan	17	_____
Change in sleep patterns	16	_____
Change in number of family meetings	15	_____
Change in eating habits	15	_____
Holiday	13	_____
Christmas	12	_____
Minor law infringements	11	_____

Your Total Score _____

This allows you to determine the total amount of stress you are experiencing by adding up the relative stress values, known as Life Change Units (LCU), for various events.

A score of 250 or more is considered high. Persons with a low stress tolerance may find themselves overstressed with a score of 150. The test is used to determine disease susceptibility.

SCORING KEY

— These scores are a *general* measure of stress. People handle stress differently. Some are able to carry stress more than others.

Score less than 150 or Less: You have a 37% chance of becoming seriously ill.

If your score is 150+, your health is at considerable risk.

Score between 150 to 300: You have a 51% chance of becoming seriously ill.

Score over 300: You have an 80% chance of serious illness in the next 2 years.

Adapted from the "Social Readjustment Rating Scale" by Thomas Holmes and Richard Rahe. This scale was first published in the Journal of Psychosomatic Research, 1967, vol. II p. 214.