

The Holmes-Rahe Social Readjustment Ratings Scale

To measure your stress level... for the last year of your life, add up the number of "Life Change Units" (see below) that apply to events that you have experienced. The score you receive will give you an idea of how stressed you are.

The scale you need to use depends on your age: Over 18 use the Adult Scale, directly below and Under 18 use the Child Scale at the bottom of this page.

SCALE FOR ADULTS (18 AND OVER)

Life Event..... Life Change Units

Death of a Spouse.....	100
Divorce.....	73
Marital Separation.....	65
Imprisonment.....	63
Death of a Close Family Member.....	63
Personal Injury or Illness.....	53
Marriage.....	50
Dismissal from Work.....	47
Marital Reconciliation.....	45
Retirement.....	45
Change in Health of Family Member.....	44
Pregnancy.....	40
Sexual Difficulties.....	39
Gain a New Family Member.....	39
Business Readjustment.....	39
Change in Financial State.....	38
Change in Frequency of Arguments.....	35
Major Mortgage.....	32
Foreclosure of Mortgage or Loan.....	30
Change in Responsibilities at Work.....	29
Child Leaving Home.....	29
Trouble with In-Laws.....	29
Outstanding Personal Achievement.....	28
Spouse Starts or Stop Work.....	26
Begin or End School.....	26
Change in Living Conditions.....	25
Revision of Personal Habits.....	24
Trouble with Boss.....	23
Change in Working Hours or Conditions....	20
Change in Residence.....	20
Change in Schools.....	20
Change in Recreation.....	19
Change in Church Activities.....	19
Change in Social Activities.....	18
Minor Mortgage or Loan.....	17

Change in Sleeping Habits.....	16
Change in Number of Family Reunions.....	15
Change in Eating Habits.....	15
Vacation.....	13
Christmas.....	12
Minor Violation of Law.....	11

Score 300+: Be extremely careful

----- you are at a greatly increased risk of serious illness (reduce stress now!).

Score 150-299+: Be cautious

----- your risk of illness is moderate (reduced by 30% from the above risk).

Score 150-: Be glad

----- you only have a slight risk of illness (but still need to take care of yourself!).

NOTE: Since individual responses vary so greatly, your score is only a crude measure of your level of stress... but you will see better WHY you are stressed.

SCALE FOR CHILDREN (18 AND UNDER)

Life Event..... Life Change Units

Getting married.....	101
Unwed pregnancy.....	92
Death of parent.....	87
Acquiring a visible deformity.....	81
Divorce of parents.....	77
Fathering an unwed pregnancy.....	77
Becoming involved with drugs or alcohol..	76
Jail sentence of parent for over one year	75
Marital separation of parents.....	69
Death of a brother or sister.....	68
Change in acceptance by peers.....	67
Pregnancy of unwed sister.....	64
Discovery of being an adopted child.....	63
Marriage of parent to step-parent.....	63
Death of a close friend.....	63
Having a visible congenital deformity....	62
Serious illness requiring hospitalization	58
Failure of a grade in school.....	56
Not making an extracurricular activity ..	55
Hospitalization of a parent.....	55
Jail sentence of parent for over 30 days.	53
Breaking up with boyfriend or girlfriend.	53
Beginning to date.....	51
Suspension from school.....	50
Birth of a brother or sister.....	50

Increase in arguments between parents....	47
Loss of job by parent.....	46
Outstanding personal achievement.....	46
Change in parent's financial status.....	45
Accepted at a college of your choice....	43
Being a senior in high school.....	42
Hospitalization of a sibling.....	41
Increased absence of parent from home....	38
Brother or sister leaving home.....	37
Addition of third adult to family.....	34
Becommg a full fledged member of a church	31
Decrease in arguments between parents....	27
Decrease in arguments with parents.....	26
Mother or father beginning work.....	26

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----- you are at a greatly increased risk of serious illness (reduce stress now!).

Score 150-299+: Be cautious

----- your risk of illness is moderate (reduced by 30% from the above risk).

Score 150-: Be glad

----- you only have a slight risk of illness (but still need to take care of yourself!).

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