



### The Holmes-Rahe Scale Life Stress Test

In the past 12 to 24 months (1 to 2 years), which of the following major life events have taken place in your life? Mark down the points for each event that you have experienced this year. When you're done looking at the whole list, add up the points for each event. Holmes TH, Rahe RH. The Social Readjustment Rating Scale. Journal Psychosomatic Research. 1967 Aug;11(2):213-218.

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| _____ 100 Death of Spouse                                | _____ 29 Trouble with in-laws                  |
| _____ 73 Divorce   | _____ 28 Outstanding personal achievement      |
| _____ 65 Marital Separation or from relationship partner | _____ 26 Spouse begins or stops work           |
| _____ 63 Jail Term                                       | _____ 26 Starting or finishing school          |
| _____ 63 Death of close family member                    | _____ 25 Change in living conditions           |
| _____ 53 Personal injury or illness                      | _____ 24 Revision of personal habits           |
| _____ 50 Marriage  | _____ 23 Trouble with boss                     |
| _____ 47 Fired from work                                 | _____ 20 Change in work hours, conditions      |
| _____ 45 Marital reconciliation                          | _____ 20 Change in residence                   |
| _____ 45 Retirement                                      | _____ 20 Change in schools                     |
| _____ 44 Change in family member's health                | _____ 19 Change in recreational habits         |
| _____ 40 Pregnancy                                       | _____ 19 Change in church activities           |
| _____ 39 Sex difficulties                                | _____ 18 Change in social activities           |
| _____ 39 Addition to family                              | _____ 17 Mortgage or loan under \$20,000       |
| _____ 39 Business readjustment                           | _____ 16 Change in sleeping habits             |
| _____ 38 Change in financial status                      | _____ 15 Change in number of family gatherings |
| _____ 37 Death of close friend                           | _____ 15 Change in eating habits               |
| _____ 36 Change to a different line of work              | _____ 13 Vacation                              |
| _____ 35 Change in number of marital arguments           | _____ 12 Christmas season                      |
| _____ 31 Mortgage or loan over \$30,000                  | _____ 11 Minor violations of the law           |
| _____ 30 Foreclosure of mortgage or loan                 |  |
| _____ 29 Change in work responsibilities                 |  |

**Your Total Score** \_\_\_\_\_

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress related illness. The illness could be mild - frequent tension headaches, acid indigestion, loss of sleep to more serious illness like ulcers, high blood pressure, migraines and the like.

#### LIFE STRESS SCORES

0-149 LOW susceptibility to stress-related illness

150-299 MEDIUM susceptibility to stress-related illness

300+ HIGH susceptibility to stress-related illness