

The Holmes and Rahe Life Changes Stress Rating Scale

Many of the events in life which have been found to produce individual stress reactions are listed in order of severity. The scale value reflects the degree of disruption it causes in the average person's life. Since individuals vary in tolerance for stress, this SRRS or Social Readjustment Rating Scale should be taken as a rough guide only. Generally, however, the higher the score the greater the probability of a significant health change in the near future. The severity of health change also tends to increase with higher scores.

For each of the events below which you consider yourself to have experienced directly during the past 12 months, transfer its "Average Amount" to the line in the Your Score column. Then add these for your total Life Change Score. (If any event occurred more than once in the 12 months, add the value to your score for every occurrence. For example: death of brother and sister is two events, 65 + 65 = 130.)

| EVENT | AVERAGE AMOUNT | YOUR SCORE |
|--|----------------|------------|
| 1. Jail Sentence/Major Violation of the Law..... | 75 | _____ |
| 2. Unwanted Pregnancy | 70 | _____ |
| 3. Death of Immediate Family Member | 69 | _____ |
| 4. Unemployment of Head of Household..... | 68 | _____ |
| 5. Getting into Debt Beyond Means of Repayment | 66 | _____ |
| 6. Immediate Family Member Attempts Suicide | 66 | _____ |
| 7. Serious Physical Problem Requiring Hospital Treatment..... | 65 | _____ |
| 8. Miscarriage..... | 65 | _____ |
| 9. Immediate Family Member Starts Drinking Heavily..... | 65 | _____ |
| 10. Abortion | 63 | _____ |
| 11. Income Decreased Substantially (eg: 25% or more) | 62 | _____ |
| 12. Immediate Family Member Sent to Prison | 61 | _____ |
| 13. Immediate Family Member Seriously Ill..... | 59 | _____ |
| 14. Problems Related to Alcohol or Drugs | 59 | _____ |
| 15. Sudden and Serious Impairment of Vision or Hearing..... | 59 | _____ |
| 16. Sex Difficulties | 57 | _____ |
| 17. Death of a Close Friend | 55 | _____ |
| 18. Retirement..... | 54 | _____ |
| 19. Period of Homelessness (Transient Hotels, Rooming Houses, or Living in the Street)..... | 49 | _____ |
| 20. Serious Restriction of Social Life | 48 | _____ |
| 21. Prolonged Ill Health Requiring Treatment by Own Doctor..... | 48 | _____ |
| 22. New Job in New Line of Work..... | 43 | _____ |
| 23. Gain of New Family Member | 43 | _____ |
| 24. Moving Into Another House | 42 | _____ |
| 25. Trouble with Superiors at Work | 40 | _____ |
| 26. Purchasing Own Home; Taking Out Mortgage | 40 | _____ |
| 27. Promotion or Change of Responsibilities at Work..... | 39 | _____ |
| 28. Involvement in Fight | 38 | _____ |
| 29. Income Increase Substantially (eg: 25% or more)..... | 34 | _____ |
| 30. Conviction for Minor Violation (eg: Speeding, Drunkenness) | 34 | _____ |
| 31. New Job in Same Line of Work | 31 | _____ |
| 32. Change in Hours or Conditions in Present Job | 31 | _____ |
| 33. Going Away for Holiday..... | 27 | _____ |
| 34. Quarrel with Neighbors | 26 | _____ |
| 35. New Neighbors | 18 | _____ |

LIFE PARTNER: Items relevant only for persons living together or “ever-married” persons including presently married, separated, divorced or widowed:

| EVENT | AVERAGE AMOUNT | YOUR SCORE |
|---|---------------------------|-----------------------|
| 1. Death of Spouse..... | 100 | _____ |
| 2. Divorce..... | 75 | _____ |
| 3. Marital Separation..... | 70 | _____ |
| 4. Infidelity of Spouse..... | 68 | _____ |
| 5. Extra-Marital Affair..... | 61 | _____ |
| 6. Increase in Number of Arguments with Spouse..... | 55 | _____ |
| 7. Own Children Cared for by Others..... | 54 | _____ |
| 8. Marital Reconciliation..... | 53 | _____ |
| 9. Marriage..... | 50 | _____ |
| 10. Own/Wife’s Pregnancy..... | 49 | _____ |
| 11. Trouble or Behavior Problems in Own Children..... | 49 | _____ |
| 12. Break-up of Extra-Marital Affair..... | 47 | _____ |
| 13. Son or Daughter Left Home..... | 44 | _____ |
| 14. Increase in Number of Arguments with Other Immediate Family Members (eg: In-Laws)..... | 38 | _____ |
| 15. Spouse Begins or Stops Work..... | 34 | _____ |

SINGLES: Items Relevant Only for “Never-Married” Persons:

| EVENT | AVERAGE AMOUNT | YOUR SCORE |
|---|---------------------------|-----------------------|
| 1. Break-up of Family..... | 77 | _____ |
| 2. Problems Related to Sexual Relationship..... | 54 | _____ |
| 3. Break-up with Steady Boy or Girlfriend..... | 51 | _____ |
| 4. Increase in No. of Family Arguments (eg: w Parents)..... | 43 | _____ |

OTHER: All People Answer the Items Below:

| EVENT | AVERAGE AMOUNT | YOUR SCORE |
|---|---------------------------|-----------------------|
| 1. Increase in Academic Pressure..... | 40 | _____ |
| 2. Failing Grades..... | 40 | _____ |
| 3. Outstanding Personal Achievement..... | 28 | _____ |
| 4. Beginning or Ending School..... | 26 | _____ |
| 5. Revision of Habits..... | 24 | _____ |
| 6. Change in Schools..... | 20 | _____ |
| 7. Change in Recreation..... | 19 | _____ |
| 8. Change in Social Activity..... | 16 | _____ |
| 9. Change in Sleeping Pattern..... | 16 | _____ |
| 10. Change in Number of Family Get togethers..... | 15 | _____ |
| 11. Change in Eating Habits..... | 15 | _____ |

TOTAL SCORE _____

If your score is over 150, there is a 50% chance that your physical health will be affected (or a 90% chance when your score is about 300 or more).

These scales originate with the research of Dr. Thomas Holmes and Dr. Richard Rahe linking life stress to a predictor of illness. A modified scale for non-adults is available.