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The Holmes-Rahe Life Stress Inventory
The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated pointed.

Life Event	
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e. birth, adoption, older adult moving in, etc.)	39
15. Major business adjustment	39
16. Major change in financial state (i.e. a lot worse or better than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in number of arguments with spouse (i.e. a lot more or less)	35
20. Taking on a mortgage (for home, business, etc.)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, college, military, etc.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (i.e. new home, remodeling, deterioration, etc.)	25
29. Revision of personal habits (i.e. dress, associations, quit smoking, etc.)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e. a lot more or less)	19
36. Major change in social activities (i.e. clubs, movies, visiting, etc.)	18
37. Taking on a loan (i.e. car, tv, freezer, etc.)	17
38. Major change in sleeping habits (i.e. a lot more or less)	16
39. Major change in number of family get-togethers (i.e. a lot more or less)	15
40. Major change in eating habits (i.e. a lot more or less, eating hours, surroundings, etc)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (i.e. traffic tickets, jaywalking, etc.)	11

Now, add up all the points you have to find your score.

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induce health problems.

150 to 300pts implies about a 50% chance of a major stress-induced health problem in the next 2 years.

300pts or more raises the odds to about 80%, according to the Holmes-Rahe prediction model.