

HOLMES-RAHE LIFE STRESS INVENTORY

In the past 24 months, which of these have happened to you?

Read each of the events listed below, and check the box next to any event which has occurred in your life in the last two years. There are no right or wrong answers. The aim is just to identify which of these events you have experienced lately.

Life Events	Life Changes Units		Life Events	Life Changes Units	
Death of spouse	100	<input type="checkbox"/>	Son or daughter leaving home	29	<input type="checkbox"/>
Divorce	73	<input type="checkbox"/>	Trouble with in-laws	29	<input type="checkbox"/>
Marital separation	65	<input type="checkbox"/>	Outstanding personal achievement	28	<input type="checkbox"/>
Jail term	63	<input type="checkbox"/>	Wife begins or stops work	26	<input type="checkbox"/>
Death of close family member	63	<input type="checkbox"/>	Begin or end school	26	<input type="checkbox"/>
Personal injury or illness	53	<input type="checkbox"/>	Change in living conditions	25	<input type="checkbox"/>
Marriage	50	<input type="checkbox"/>	Revision in personal habits	24	<input type="checkbox"/>
Fired at work	47	<input type="checkbox"/>	Trouble with boss	23	<input type="checkbox"/>
Marital reconciliation	45	<input type="checkbox"/>	Change in work hours or conditions	20	<input type="checkbox"/>
Retirement	45	<input type="checkbox"/>	Change in residence	20	<input type="checkbox"/>
Change in health of a family member	44	<input type="checkbox"/>	Change in schools	20	<input type="checkbox"/>
Pregnancy	40	<input type="checkbox"/>	Change in recreation	19	<input type="checkbox"/>
Sex Difficulties	39	<input type="checkbox"/>	Change in church activities	19	<input type="checkbox"/>
Gain of new family member	39	<input type="checkbox"/>	Change in social activities	18	<input type="checkbox"/>
Business readjustment	39	<input type="checkbox"/>	Mortgage or loan less than \$30,000	17	<input type="checkbox"/>
Change in financial state	38	<input type="checkbox"/>	Change in sleeping habits	16	<input type="checkbox"/>
Death of close friend	37	<input type="checkbox"/>	Change in number of family get-togethers	15	<input type="checkbox"/>
Change to different line of work	36	<input type="checkbox"/>	Change in eating habits	15	<input type="checkbox"/>
Change in number of arguments with spouse	35	<input type="checkbox"/>	Vacation	13	<input type="checkbox"/>
Mortgage over \$100,000	31	<input type="checkbox"/>	Christmas alone	12	<input type="checkbox"/>
Foreclosure of mortgage or loan	30	<input type="checkbox"/>	Minor violations of the law	11	<input type="checkbox"/>
Change in responsibilities at work	29	<input type="checkbox"/>			

Scoring:

Less than 150 life change units: 30% chance of developing a stress related illness

150-299 life change units: 50% chance of illness

Over 300 life change units: 80% chance of illness