



The Holmes and Rahe scale:

The Holmes and Rahe Scale identifies major stressful life events and assigns a life change unit depending on how stressful each event feels. Fill out the following table by selecting yes if an event is currently affecting you, and no if it is not. Then add up the life change units for each yes.

Life event	Life change units	Yes	No
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		
Death of a close friend	37		
Change to different line of work	36		
Change in frequency of arguments	35		
Major mortgage	32		
Foreclosure of mortgage or loan	30		
Change in responsibilities at work	29		

Life event	Life change units	Yes	No
Child leaving home	29		
Trouble with in-laws	29		
Outstanding personal achievement	28		
Spouse starts or stops work	26		
Beginning or end of 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		
Major Holiday	12		
Minor violation of law	11		

Total life change units:

A score of **150** or less means a person has a **30%** chance of suffering from stress.

A score of **151 to 299** means a person has a **50%** chance of suffering from stress.

A score of **300** or more means a person has an **80%** chance of suffering from stress.