

HOLMES-RAHE STRESS TEST

RANK	EVENT	VALUE	YOUR SCORE
1.	Death of spouse	100	_____
2.	Divorce	73	_____
3.	Marital separation	65	_____
4.	Jail term	63	_____
5.	Death of close family member	63	_____
6.	Personal injury or illness	53	_____
7.	Marriage	50	_____
8.	Fired from work	47	_____
9.	Marital reconciliation	45	_____
10.	Retirement	45	_____
11.	Change in family member's health	44	_____
12.	Pregnancy	40	_____
13.	Sex difficulties	39	_____
14.	Addition to family	39	_____
15.	Business readjustment	39	_____
16.	Change in financial status	38	_____
17.	Death of close friend	37	_____
18.	Change in number of marital arguments	35	_____
19.	Mortgage or loan over \$10,000	31	_____
20.	Foreclosure of mortgage or loan	30	_____
21.	Change in work responsibilities	29	_____
22.	Son or daughter leaving home	29	_____
23.	Trouble with in-laws	29	_____
24.	Outstanding personal achievement	28	_____
25.	Spouse begins or starts work	26	_____
26.	Starting or finishing school	26	_____
27.	Change in living conditions	25	_____
28.	Revision of personal habits	24	_____
29.	Trouble with boss	23	_____
30.	Change in work hours, conditions	20	_____
31.	Change in residence	20	_____
32.	Change in schools	20	_____
33.	Change recreational habits	19	_____
34.	Change in church activities	19	_____
35.	Change in social activities	18	_____
36.	Mortgage or loan under \$10,000	18	_____
37.	Change in sleeping habits	16	_____
38.	Change in number of family gatherings	15	_____
39.	Change in eating habits	14	_____
40.	Vacation	13	_____
41.	Christmas season	12	_____
42.	Minor violation of the law	11	_____
TOTAL:			_____

SCORING: Add up the point values of all the items checked. If your score is 300 or more, you stand an almost 80 percent chance of getting sick in the near future as a result of the events. If your score is 150 to 299, the chances are about 50 percent. Less than 150, about 30 percent. This scale suggests that change in one's life requires an effort to adapt and then to regain stability. This process probably saps energy the body would ordinarily use to maintain itself, so susceptibility to illness increases. Reprinted with permission from the *Journal of Psychosomatic Research* (vol. II) by Thomas H. Holmes and Richard R. Rahe (Pergamon Press, 1967).

