

The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points. Then add up all your points to find your score.

Life Event	Mean Value
Death of spouse	100
Divorce	73
Marital separation from mate	65
Detention in jail or other institution	63
Death of a close family member	63
Major personal injury or illness	53
Marriage	50
Being fired at work	47
Marital reconciliation with mate	45
Retirement from work	45
Major change in the health or behavior of a family member	44
Pregnancy	40
Sexual Difficulties	39
Gaining a new family member (i.e., birth, adoption, older adult moving in, etc.)	39
Major business readjustment	39
Major change in financial state (i.e., a lot worse or better off than usual)	38
Death of a close friend	37
Changing to a different line of work	36
Major change in the number of arguments w/spouse (either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
Taking on a mortgage (for home, business, etc.)	31
Foreclosure no a mortgage or loan	30
Major change in responsibilities at work (e.g., promotion, demotion)	29
Son or daughter leaving home (marriage, attending college, joined military)	29
In-law troubles	29

Outstanding personal achievement	28
Spouse beginning or ceasing work outside the home	26
Beginning or ceasing formal schooling	26
Major change in living condition (new home, remodeling, deterioration of neighborhood or home, etc.)	25
Revision of personal habits (dress manners, associations, quitting smoking)	24
Troubles with the boss	23
Major changes in working hours or conditions	20
Major change in church activity (i.e., a lot more or less than usual)	19
Major change in social activities (clubs, movies, visiting, etc.)	18
Taking on a loan (e.g., car, appliance)	17
Major change in sleeping habits (i.e., a lot more or a lot less than usual)	16
Major change in number of family get-togethers	15
Major change in eating habits (a lot more or less food intake, or very different meal hours or surrounds)	15
Vacation	13
Major holidays	12
Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

Less than 150 points: relatively low amount of life change and low susceptibility to stress-induced health breakdown in the next two years.

150 to 300 points: 50 percent chance of a major health breakdown in the next two years.

More than 300 points: 80 percent chance of a major health breakdown in the next two years.

Thomas Holmes and Richard Rahe, "Holmes-Rahe Social Readjustment Rating Scale," *Journal of Psychosomatic Research* 11 (1967); 213-218