

The Holmes-Rahe Scale Life Stress Test

In the past **12 months**, which of the following major life events have taken place in your life? Write down the points for each event you've experienced this year. At the end, add up the points for each event.

Event	Impact Score	My Score
Death of spouse	100	
Divorce	73	
Marital Separation of from relationship partner	65	
Jail Term	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired from work	47	
Marital reconciliation	45	
Retirement	45	
Change in family member's health	44	
Pregnancy	40	
Sex difficulties	39	
Addition to family	39	
Business readjustment	39	
Change in financial status	38	
Death of close friend	37	
Change to a different line of work	36	
Major change in number of marital arguments	35	
Taking on a mortgage (for home, business, and etc.)	31	

Event	Impact Score	My Score
Foreclosure of mortgage or loan	30	
Change in work responsibilities	29	
Trouble with in laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Starting or finishing school	26	
Change in living conditions	25	
Revisions of personal habits	24	
Trouble with boss	23	
Change in work hours, or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreational habits	19	
Change in church activities	19	
Change in social activities	18	
Taking on a loan (for car, freezer, etc)	17	
Change in sleeping habits	16	
Change in number of family gatherings	15	
Change in eating habits	15	
Vacation	13	
Christmas season	12	
Minor violations of the law	11	

Your total score:

This scale shows the kind of life pressure that you are facing. Depending on your coping skills or the lack thereof, this scale can predict the likelihood that you will fall victim to a stress related illness. The illness could be mild - frequent tension headaches, acid indigestion, loss of sleep to very serious illness like ulcers, cancer, migraines and the like.

LIFE STRESS SCORES

0-149: Low susceptibility to stress-related illness

150-299: Medium susceptibility to stress-related illness

300 & over: High susceptibility to stress-related illness