

Managing Stress: Holmes-Rahe Life Stress Inventory

Instructions

Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

Life Event	Point Value
1. Death of spouse	100
2. Divorce	73
3. Marital separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Gaining a new family member (birth, adoption, older adult moving in, etc.)	39
15. Major business readjustment	39
16. Major change in financial state (a lot worse or better of than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments with spouse (either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc.)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined military)	29
24. In-law troubles	29
25. Outstanding personal achievement	28

Life Event	Point Value
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home, etc.)	25
29. Revision of personal habits (how you dress, associations, quitting smoking, etc.)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (a lot more or less than usual)	19
36. Major change in social activities (clubs, movies, visiting, etc.)	18
37. Taking on a loan (car, tv, appliance, etc.)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers (a lot more or a lot less than usual)	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

Add up all the points you have to find your score. If you scored:

- **150 points or less:** This means you have a relatively low amount of life change and a low susceptibility to a stress-induced health breakdown.
- **150 to 300 points:** This implies that there is about a 50 percent chance of a major health breakdown in the next two years.
- **300 points or more:** This implies that there is about an 80 percent chance of a major health breakdown in the next two years, according to the Holmes-Rahe statistical prediction model.