

Holmes Rahe Social Readjustment Rating Scale

This allows you to determine the total amount of stress you are experiencing by adding up the relative stress values, known as Life Change Units (LCU), for various events. A score of 250 or more is considered high. Persons with a low stress tolerance may find themselves overstressed with a score of 150. The test is used to determine disease susceptibility. With a score of 150 or less, you have a 37% chance of becoming seriously ill. A score of 150 to 300 raises the chances for becoming seriously ill to 51%. Over 300, there is an 80% chance of serious illness in the next two years.

Adapted from the “Social Readjustment Rating Scale” by Thomas Holmes and Richard Rahe. This scale was first published in the Journal of Psychosomatic Research, 1967, vol. II p. 214.

Adult Stress

	Event	Value
<input type="checkbox"/>	Death of spouse	100
<input type="checkbox"/>	Divorce	60
<input type="checkbox"/>	Menopause	60
<input type="checkbox"/>	Separation from living partner	60
<input type="checkbox"/>	Jail term or probation	60
<input type="checkbox"/>	Death of close family member other than spouse	60
<input type="checkbox"/>	Serious personal injury or illness	45
<input type="checkbox"/>	Marriage or establishing life partnership	45
<input type="checkbox"/>	Fired at work	45
<input type="checkbox"/>	Marital or relationship reconciliation	40
<input type="checkbox"/>	Retirement	40
<input type="checkbox"/>	Change in health of immediate family member	40
<input type="checkbox"/>	Work more than 40 hours per week	35
<input type="checkbox"/>	Pregnancy or causing pregnancy	35
<input type="checkbox"/>	Sex difficulties	35
<input type="checkbox"/>	Gain of new family member	35
<input type="checkbox"/>	Business or work role change	35
<input type="checkbox"/>	Change in financial state	35
<input type="checkbox"/>	Death of a close friend (not a family member)	30
<input type="checkbox"/>	Change in number of arguments with spouse or life partner	30
<input type="checkbox"/>	Mortgage or loan for a major purchase	25
<input type="checkbox"/>	Foreclosure of mortgage or loan	25
<input type="checkbox"/>	Sleep less than 8 hours per night	25
<input type="checkbox"/>	Change in responsibility at work	25
<input type="checkbox"/>	Trouble with in-laws or with children	25
<input type="checkbox"/>	Outstanding personal achievement	25
<input type="checkbox"/>	Spouse begins or stops work	20
<input type="checkbox"/>	Begin or end school	20

<input type="checkbox"/>	Change in living conditions (visitors in the home, change in roommates, remodeling house)	20
<input type="checkbox"/>	Change in personal habits (diet, exercise, smoking, etc.)	20
<input type="checkbox"/>	Chronic allergies	20
<input type="checkbox"/>	Trouble with boss	20
<input type="checkbox"/>	Change in work hours or conditions	15
<input type="checkbox"/>	Moving to a new residence	15
<input type="checkbox"/>	Presently in pre-menstrual period	15
<input type="checkbox"/>	Change in schools	15
<input type="checkbox"/>	Change in religious activities	15
<input type="checkbox"/>	Change in social activities (more or less than before)	15
<input type="checkbox"/>	Minor financial loan	10
<input type="checkbox"/>	Change in frequency of family get-togethers	10
<input type="checkbox"/>	Vacation	10
<input type="checkbox"/>	Presently in winter holiday season	10
<input type="checkbox"/>	Minor violation of the law	5