

RESOURCE PROVIDED BY OFFICE OF STUDENT AFFAIRS

THE HOLMES – RAHE LIFE STRESS INVENTORY/SOCIAL READJUSTMENT RATING SCALE

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

LIFE EVENT		
1.	Death	100
2.	Divorce	73
3.	Marital Separation from mate	65
4.	Death of a close family member	63
5.	Major personal injury or illness	53
6.	Marriage	50
7.	Being fired at work	47
8.	Marital reconciliation with mate	45
9.	Major change in the health or behavior of a family member	44
10.	Pregnancy	40
11.	Sexual Difficulties	39
12.	Gaining a new family member (i.e. birth, adoption, older adult moving in, etc.)	39
13.	Major business adjustment	39
14.	Major change in financial state (i.e. a lot worse or better than usual)	38
15.	Death of a close friend	37
16.	Changing to a different line of work	36
17.	Major change in the number of arguments with spouse(i.e. a lot more or less)	35
18.	Taking on a mortgage (for home, business, etc.	31
19.	Foreclosure on a mortgage	30
20.	Major change in responsibilities in work (i.e. promotion, demotion, etc.)	29
21.	Son or daughter leaving home (marriage, college, military, etc.)	29
22.	In-law troubles	29
23.	Outstanding personal achievement	28
24.	Spouse beginning or ceasing work outside the home	26
25.	Beginning or ceasing formal schooling	26
26.	Major change in living condition (i.e. new home, remodeling, deterioration, etc.)	25
27.	Revision of personal habits (i.e. dress, associations, quit smoking, etc.)	24
28.	Troubles with the boss	23
29.	Major change in working hours or conditions	20
30.	Changes in residence	20
31.	Changing to a new school	20
32.	Major change in usual type and/or amount of recreation	19
33.	Major change in church activity (i.e. a lot more or less)	19

~OVER~

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34.	Major change in social activities (i.e. clubs, movies, visiting, etc.)	18
35.	Taking on a loan (i.e. car, tv, freezer, etc.)	17
36.	Major change in sleeping habits (i.e. a lot more or less)	16
37.	Major change in number of family get-togethers (i.e. a lot more or less)	15
38.	Major change in eating habits (i.e. a lot more or less, eating hours, surroundings, etc.)	15
39.	Vacation	13
40.	Major holidays	12
41.	Minor violations of the law (i.e. traffic tickets, jaywalking, etc.)	11

~NOW, ADD UP ALL THE POINTS YOU HAVE TO FIND YOUR SCORE~

150 Points or Less – Can mean a relatively low amount of life change.

Above 150 Points – Explore the possibility of talking with a counselor about the impact of these stressors and discuss resilience and coping mechanisms.



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