



Holmes and Rahe Stress Scale

Directions: For every event in the list below that you have experienced in the past year, copy that event's Impact Score to the My Score column. If the event has occurred more than once, multiply the Impact Score by that number. When finished, add up all scores in the "My Score" column and write the total at the bottom. If you prefer to take this test online and have it scored automatically, visit <http://stresstesttools.org/>.

Name: _____ Date: _____

Age: _____ Gender (circle): M F Other: _____

Event	Impact Score	My Score
Death of spouse	100	
Divorce	73	
Marital separation	65	
Jail term	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired at work	47	
Marital reconciliation	45	
Retirement	45	
Change in health of family member	44	
Pregnancy	40	



Sex difficulties	39	
Gain of a new family member	39	
Business readjustment	39	
Change in financial state	38	
Death of a close friend	37	
Change to a different line of work	36	
Change in number of arguments with spouse	35	
Mortgage over \$20,000	31	
Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	
Son or daughter leaving home	29	
Trouble with in-laws	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Begin or end 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 recreations	19	
Change in church activities	19	
Change in social activities	19	
Mortgage or loan less than \$20,000	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Vacation	13	
Christmas approaching	12	
Minor violation of the law	11	
TOTAL		

What Your Score Means

11-149	You have only a low-to-moderate chance of becoming ill in the near future.
150-299	You have a moderate-to-high chance of becoming ill in the near future.
300-600	You have a high or very high risk of becoming ill in the near future.

This table is taken from "The Social Readjustment Rating Scale," Thomas H. Holmes and Richard H. Rahe, Journal of Psychosomatic Research, Volume 11, Issue 2, August 1967, Pages 213-218, Copyright © 1967 Published by Elsevier Science Inc. All rights reserved. Permission to reproduce granted by the publisher.