

Holmes-Rahe Life Stress Inventory*

In the past year, have you experienced:

LIFE EVENT	LIFE CHANGE UNITS (LCU)	YOUR POINTS	LIFE EVENT	LIFE CHANGE UNITS (LCU)	YOUR POINTS
Death of spouse	100	_____	Adult child leaving home ⁶	29	_____
Divorce	73	_____	Troubles with in-laws	29	_____
Marital separation	65	_____	Outstanding personal achievement	28	_____
Detention in jail or other institution	63	_____	Change in spouse's work ⁷	26	_____
Death of close family member	63	_____	Beginning or ceasing formal schooling	26	_____
Major personal injury or illness	53	_____	Major change in living condition ⁸	25	_____
Marriage	50	_____	Revision of personal habits ⁹	24	_____
Being fired at work	47	_____	Troubles with the boss	23	_____
Marital reconciliation	45	_____	Major changes in work hours or conditions	20	_____
Retirement from work	45	_____	Changes in residence	20	_____
Major health change ¹ of family member	44	_____	New school	20	_____
Pregnancy	40	_____	Major recreation change ¹⁰	19	_____
Sexual difficulties	39	_____	Major change in activity in religion	19	_____
Gaining a new family member ²	39	_____	Major change in social interactivity	18	_____
Major business adjustment	39	_____	Acquiring a loan (e.g., car)	17	_____
Major change in financial state ³	38	_____	Major change in sleep habit	16	_____
Death of a close friend	37	_____	Major change in family social interactivity	15	_____
Career change by choice	36	_____	Major change in eating habit ¹¹	15	_____
Spousal argument frequency change ³	35	_____	Vacation	13	_____
Taking on a mortgage ⁴	31	_____	Major holidays	12	_____
Foreclosure on a mortgage or loan	30	_____	Minor violations of the law ¹²	11	_____
Major change in work responsibilities ⁵	29	_____			
			YOUR TOTAL		_____

Total your points to find your score:

150 points or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown

150 to 300 points implies about a 50% chance of a major health breakdown in the next 2 years

300 points or more 80% chance of health breakdown in the next 2 years, according to the Holmes-Rahe statistical prediction model

* Abbreviated for brevity

- 1 or behavior
- 2 birth, adoption, older adult moving in etc.
- 3 much worse or better than usual
- 4 for home or business
- 5 promotion or demotion
- 6 marriage, college, military

- 7 beginning or ceasing work outside the home
- 8 new home, remodelling, deterioration
- 9 dress, associations, quit smoking
- 10 a lot more or less than usual
- 11 increased/decreased volume, hours, surroundings
- 12 traffic tickets, jaywalking

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