

Stress Scale

Changes, whether or not they're welcome, often result in increased stress symptoms and strongly correlated with the increased incidence of physical illness and death occurring after the 12 months following the change. T.H. Holmes and R.H. Rahe were two researchers who in 1967 did a study that revealed patterns in health and illness among a large group of people who reported significant life changes. The following scale comes from their research findings. (*Holmes, T.H. & Rahe, R.H. (1967). The social readjustment rating scale. Journal of Psychosomatic Research, 11, 213-218.*)

Relative impact on health	Event
100	Death of a spouse
73	Divorce
65	Marital separation
63	Imprisonment
63	Death of a close family member
53	Personal injury or illness
50	Marriage
47	Dismissal from work
45	Marital reconciliation
45	Retirement
44	Change in health of family member
40	Pregnancy
39	Sexual difficulties
39	Gain a new family member
39	Business readjustment
38	Change in financial state
35	Change in frequency of arguments
32	Major mortgage
30	Foreclosure of mortgage or loan
29	Change in responsibilities at work
29	Child leaving home
29	Trouble with in-laws
28	Outstanding personal achievement
26	Spouse starts or stops work
26	Begin or end school
25	Change in living conditions
24	Revision of personal habits
23	Trouble with boss
20	Change in working hours or conditions
20	Change in residence
20	Change in schools
19	Change in recreation
19	Change in church activities
18	Change in social activities
17	Minor mortgage or loan
16	Change in sleeping habits
15	Change in number of family reunions
15	Change in eating habits
13	Vacation
12	Christmas

