

TEST YOURSELF

HOLMES-RAHE STRESS TEST	
RANK EVENT	VALUE YOUR SCORE
1. Death of spouse	100 ___
2. Divorce	73 ___
3. Marital separation	65 ___
4. Jail term	63 ___
5. Death of close family member . . .	63 ___
6. Personal injury or illness	53 ___
7. Marriage	50 ___
8. Fired from work	47 ___
9. Marital reconciliation	45 ___
10. Retirement	45 ___
11. Change in family member's health	44 ___
12. Pregnancy	40 ___
13. Sex difficulties	39 ___
14. Addition to family	39 ___
15. Business readjustment	39 ___
16. Change in financial status	38 ___
17. Death of close friend	37 ___
18. Change in number of marital arguments	35 ___
19. Mortgage or loan over \$10,000 . .	31 ___
20. Foreclosure of mortgage or loan .	30 ___
21. Change in work responsibilities .	29 ___
22. Son or daughter leaving home . .	29 ___
23. Trouble with in-laws	29 ___
24. Outstanding personal achievement	28 ___
25. Spouse begins or starts work . . .	26 ___
26. Starting or finishing school	26 ___
27. Change in living conditions	25 ___
28. Revision of personal habits	24 ___
29. Trouble with boss	23 ___
30. Change in work hours, conditions	20 ___
31. Change in residence	20 ___
32. Change in schools	20 ___
33. Change recreational habits	19 ___
34. Change in church activities	19 ___
35. Change in social activities	18 ___
36. Mortgage or loan under \$10,000 .	18 ___
37. Change in sleeping habits	16 ___
38. Change in number of family gatherings	15 ___
39. Change in eating habits	14 ___
40. Vacation	13 ___
41. Christmas season	12 ___
42. Minor violation of the law	11 ___
TOTAL	___

SCORING: Add up the point values of all the items checked. If your score is 300 or more, you stand an almost 80 percent chance of getting sick in the near future as a result of the events. If your score is 150 to 299, the chances are about 50 percent. Less than 150, about 30 percent. This scale suggests that change in one's life requires an effort to adapt and then to regain stability. This process probably saps energy the body would ordinarily use to maintain itself, so susceptibility to illness increases. Reprinted with permission from the *Journal of Psychosomatic Research* (vol. II) by Thomas H. Holmes and Richard R. Rahe (Pergamon Press, 1967).

Raber, Merrill F., MSW, Ph.D. and George Dyck, M.D. . Managing Stress for Mental Fitness. Menlo Park, California; Crisp Publications, Inc., 1987.