

# Holmes-Rahe Stress Scale for Adults



Check the box next to all the events that have happened to you in the past 12 months.

Life Event	Value	✓
1 Death of spouse	100	<input type="checkbox"/>
2 Divorce	73	<input type="checkbox"/>
3 Marital separation	65	<input type="checkbox"/>
4 Jail term	63	<input type="checkbox"/>
5 Death of close family member	63	<input type="checkbox"/>
6 Personal injury or illness	53	<input type="checkbox"/>
7 Marriage	50	<input type="checkbox"/>
8 Fired at work	47	<input type="checkbox"/>
9 Marital reconciliation	45	<input type="checkbox"/>
10 Retirement	45	<input type="checkbox"/>
11 Change in health of family member	44	<input type="checkbox"/>
12 Pregnancy	40	<input type="checkbox"/>
13 Sex difficulties	39	<input type="checkbox"/>
14 Gain of new family member	39	<input type="checkbox"/>
15 Business readjustment	39	<input type="checkbox"/>
16 Change in financial state	38	<input type="checkbox"/>
17 Death of close friend	37	<input type="checkbox"/>
18 Change to a different line of work	36	<input type="checkbox"/>
19 Change in number of arguments with spouse	35	<input type="checkbox"/>
20 A large mortgage or loan	31	<input type="checkbox"/>
21 Foreclosure of mortgage or loan	30	<input type="checkbox"/>
22 Change in responsibilities at work	29	<input type="checkbox"/>

23 Son or daughter leaving home	29	<input type="checkbox"/>
24 Trouble with in-laws	29	<input type="checkbox"/>
25 Outstanding personal achievement	28	<input type="checkbox"/>
26 Spouse begins or stops work	26	<input type="checkbox"/>
27 Begin or end school/college	26	<input type="checkbox"/>
28 Change in living conditions	25	<input type="checkbox"/>
29 Revision of personal habits	24	<input type="checkbox"/>
30 Trouble with boss	23	<input type="checkbox"/>
31 Change in work hours or conditions	20	<input type="checkbox"/>
32 Change in residence	20	<input type="checkbox"/>
33 Change in school/college	20	<input type="checkbox"/>
34 Change in recreation	19	<input type="checkbox"/>
35 Change in church activities	19	<input type="checkbox"/>
36 Change in social activities	18	<input type="checkbox"/>
37 A moderate loan or mortgage	17	<input type="checkbox"/>
38 Change in sleeping habits	16	<input type="checkbox"/>
39 Change in number of family get-togethers	15	<input type="checkbox"/>
40 Change in eating habits	15	<input type="checkbox"/>
41 Vacation	13	<input type="checkbox"/>
42 Christmas	12	<input type="checkbox"/>
43 Minor violations of the law	11	<input type="checkbox"/>
<b>Total</b>		

**Note:** If you experienced the same event more than once in the past year, then to gain a more accurate total, add the score again for each extra occurrence of the event.

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## Score Interpretation

Score	Comment
300+	You have a high or very high risk of becoming ill in the near future.
50-299	You have a moderate to high chance of becoming ill in the near future.
<150	You have only a low to moderate chance of becoming ill in the near future.

Stress increases your risk of becoming sick. The higher your score in the stress test, the greater your chance of experiencing illness or disease. When your body is busy dealing with stress, it uses up resources you need for other body processes, especially your immune system. This makes you more vulnerable to becoming unwell, physically and mentally. The stress test will help you see how much you are at risk of sickness. Research shows you should interpret your score on the stress test as follows:

**A score of 150 or less:** Your stress score is low. This is a good result. It means your life currently is pretty stable - there's not much major change going on, and you have a low level of 'life event stress.' This gives you a relatively low probability (about a 30% statistical chance) of developing a *stress-related illness* in the near future.

**A score of 150 to 299:** Your stress score is moderate. There is enough change going on in your life to cause you a fair bit of stress if you are not good at handling it. On average, you have a pretty much even probability (about a 50% statistical chance) of developing a stress-related disorder in the near future, unless you're good at handling change, or do something now to improve your ability to cope with stress.

**A score of 300 or more:** Your stress score is high. This could place you at considerable risk of developing a stress-related disorder in the near future (about an 80% statistical chance). It means *you probably will become ill, unless you are very good at handling stress, or do something now to improve your ability to cope with stress.*

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Circle any of the following effects of stress that you feel:

## Major effects of stress:

### Cognitive

Increase in forgetfulness or problems with memory  
Increase difficulty in concentration and focus  
Poor judgment and decision-making  
Having a pessimistic and negative outlook on everything  
Increase in anxiety and racing thoughts that won't go away  
Constant worrying

### Emotional

Increased mood swings  
Irritation at small things that normally do not aggravate you  
Shorter tempers and increased agitation  
Inability to relax or enjoy things you usually find pleasure in  
Constant feeling of being overwhelmed  
New sense of loneliness and isolation  
General unhappiness, even depression

### Physical

Development of aches and pains  
Irregular bowel movements, such as diarrhea or constipation  
Increased nausea and/or dizziness  
Development of chest pains and increased blood pressure  
Decrease in libido, or sex drive  
Frequent colds that do not seem to go away  
Unexplained skin inflammation or rashes that can be itchy, similar to an allergic reaction

### Behavioral

Change in eating habits, either eating very little or a lot  
Change in sleeping habits, either too much, too little or not at all (insomnia)  
Isolation from other human interaction  
Procrastinating or neglecting duties and responsibilities  
Need or dependency of alcohol, cigarettes or drugs to relax  
Development of nervous habits, such as excessive pacing, nail biting or scratching