

Holmes and Rahe stress inventory

Instructions: The following scale was developed by Holmes and Rahe to investigate the relationship between events which can happen to us, stress and susceptibility to illness. Look over the events listed below. Mark the item if it has happened to you within the last twelve months. (You can multiply it by the number of times if you want to really check!)

| <i>Event</i> | <i>Points</i> | <i>Yes/No</i> | <i>Score</i> |
|---|---------------|---------------|--------------|
| 1. Death of a spouse | 100 | _____ | _____ |
| 2. Divorce | 72 | _____ | _____ |
| 3. Marital separation | 65 | _____ | _____ |
| 4. Death of a close family member | 63 | _____ | _____ |
| 5. Personal injury or illness | 53 | _____ | _____ |
| 6. Marriage | 50 | _____ | _____ |
| 7. Marital reconciliation | 45 | _____ | _____ |
| 8. Change in health of family member | 44 | _____ | _____ |
| 9. Pregnancy | 40 | _____ | _____ |
| 10. Gain of new family member | 39 | _____ | _____ |
| 11. Job Change | 38 | _____ | _____ |
| 12. Change in financial status | 37 | _____ | _____ |
| 13. Death of a close friend | 36 | _____ | _____ |
| 14. Increase in arguments with significant other | 35 | _____ | _____ |
| 15. Mortgage or loan of major purchase (home, etc.) | 31 | _____ | _____ |
| 16. Foreclosure of mortgage or loan | 30 | _____ | _____ |
| 17. Change in responsibilities of your job | 29 | _____ | _____ |
| 18. Son or daughter leaving home | 29 | _____ | _____ |
| 19. Trouble with in-laws | 29 | _____ | _____ |
| 20. Outstanding personal achievement | 28 | _____ | _____ |
| 21. Spouse begins or stops work outside the home | 26 | _____ | _____ |
| 22. Revision of personal habits | 24 | _____ | _____ |
| 23. Trouble with boss | 23 | _____ | _____ |
| 24. Change in work hours or conditions | 20 | _____ | _____ |
| 25. Change in residence | 20 | _____ | _____ |
| 26. Change in sleeping habits | 16 | _____ | _____ |
| 27. Change in eating habits | 15 | _____ | _____ |
| 28. Vacation | 13 | _____ | _____ |
| 29. Christmas | 12 | _____ | _____ |
| 30. Minor violations of the law | 11 | _____ | _____ |
| Total | | _____ | _____ |

0-149 no significant problem

150-199 mild stress 35% chance of illness or health change

200-299 moderate stress 50% chance of illness or health change

300+ major stress 80% chance of illness or health change.

Holmes, T. & Rahe, R. (1967) "Holmes-Rahe Social Readjustment Rating Scale",
Journal of Psychosomatic Research, vol. II.