

STRESS INVENTORY

Instructions: The following scale was developed by Holmes and Rahe to investigate the relationship between social readjustment, stress and susceptibility to illness. They found that a person with a score of 200-250 during a one-year period has a 50% chance of developing illness or health change. With a score of 300 or more, a person's chances increase to 80%. Look over the events listed below. Circle the item number if it has happened to you within the last twelve months.

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: _____

Interpretation: Drs. Holmes and Rahe have shown the relationship between recent life changes (exposure to stressors) and future illness. Listed below are the score categories and the related probability of illness for a person in that range. It is estimated that it will take 1 year to replenish the energy expended in adjusting to any of the changes described in the scale.

0-149	no significant problem	
150-199	mild stress	35% chance of illness
200-299	moderate stress	50% chance of illness
300+	major stress	80% chance of illness

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