

STRESSFUL LIFE EVENTS SCALE

This was developed in 1973 by T. H. Holmes & R. H. Rahe to look at the number of changes of any sort which had occurred in the previous 12 months to predict major changes in health.

It points out that certain life changes can be a source of stress. Major stressors include changes in family and work.

1. Death of husband or wife. (100)
2. Divorce. (73)
3. Marital separation. (65)
4. Jail sentence or institutionalized.(63)
5. Death of close family member. (63)
6. Personal injury or illness. (53)
7. Marriage. (50)
8. Fired from Job. (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 re-adjustment.(39)
16. Change in financial status. (38)
17. Death of close friend. (37)
18. Change to different type of work.(36)
19. Increase in marital arguments. (36)
20. Large mortgage. (31)
21. Foreclosure of mortgage or loan. (30)
22. Change in work responsibility. (29)
23. Son or daughter leaving home. (29)
24. Trouble with in-laws. (29)
25. Outstanding personal achievement (28)
26. Spouse begins or stops work. (26)
27. Start or finish school or college. (26)
28. Change in living conditions. (25)
29. Revision of personal habits. (24)
30. Trouble with boss. (23)
31. Change in work hours. (20)
32. Change of residence. (20)
33. Change in leisure activities. (19)
34. Change in church or social activities.(18)
35. Mortgage or loan. (17)
36. Change in sleeping habits. (16)
37. Change in number of family gatherings. (15)
38. Change in eating habits. (15)
39. Holidays. (13)
40. Christmas. (12)
41. Minor violation of the law. (11)

If you want to calculate how much you score on the life events scale simply add up the score against each item you have experienced in the last 12 months.

A score of 300+ points in one year would increase the likelihood of illness by 80%, 200-299 by 50%, 150-199 by 40%, below 150 would indicate a relatively low amount of life change & consequently a lower susceptibility to health concerns. The key issue is that any life change can be a source of stress.

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