

# The Holmes-Rahe Scale

Read each of the events listed below, and check the box next to any event which has occurred in your life in the **last 2 years**. There are no right answers. The aim is just to identify which of these events you have experienced lately.

Life Events	Life Crisis Units	
Death of spouse	100	<input type="checkbox"/>
Divorce	73	<input type="checkbox"/>
Marital separation	65	<input type="checkbox"/>
Jail term	63	<input type="checkbox"/>
Death of close family member	63	<input type="checkbox"/>
Personal injury or illness	53	<input type="checkbox"/>
Marriage	50	<input type="checkbox"/>
Fired at work	47	<input type="checkbox"/>
Marital reconciliation	45	<input type="checkbox"/>
Retirement	45	<input type="checkbox"/>
Change in health of a family member	44	<input type="checkbox"/>
Pregnancy	40	<input type="checkbox"/>
Sex Difficulties	39	<input type="checkbox"/>
Gain of new family member	39	<input type="checkbox"/>
Business readjustment	39	<input type="checkbox"/>
Change in financial state	38	<input type="checkbox"/>
Death of close friend	37	<input type="checkbox"/>
Change to different line of work	36	<input type="checkbox"/>
Change in # of arguments with spouse	35	<input type="checkbox"/>
Mortgage over \$100,000	31	<input type="checkbox"/>
Foreclosure of mortgage or loan	30	<input type="checkbox"/>
Change in responsibilities at work	29	<input type="checkbox"/>
Son/daughter leaving home	29	<input type="checkbox"/>
Trouble with in-laws	29	<input type="checkbox"/>
Outstanding personal achievement	28	<input type="checkbox"/>
Wife begins or stops work	26	<input type="checkbox"/>
Begin or end school	26	<input type="checkbox"/>
Change in living conditions	25	<input type="checkbox"/>
Revision in personal habits	24	<input type="checkbox"/>
Trouble with boss	23	<input type="checkbox"/>
Change in work hours or conditions	20	<input type="checkbox"/>
Change in residence	20	<input type="checkbox"/>

Life Events	Life Crisis Units	
Change in schools	20	<input type="checkbox"/>
Change in recreation	19	<input type="checkbox"/>
Change in church activities	19	<input type="checkbox"/>
Change in social activities	18	<input type="checkbox"/>
Mortgage/loan less than \$30,000	17	<input type="checkbox"/>
Change in sleeping habits	16	<input type="checkbox"/>
Change in # of family get-togethers	15	<input type="checkbox"/>
Change in eating habits	15	<input type="checkbox"/>
Vacation	13	<input type="checkbox"/>
Christmas alone	12	<input type="checkbox"/>
Minor violations of the law	11	<input type="checkbox"/>

Your score is: \_\_\_\_\_

**Over 300 points:** This score indicates a major life crisis and is *highly predictive* (80%) of serious physical illness within the next 2 years.

**From 200-299 points:** *Moderate life crisis.* 50% chance of illness such as: headaches, diabetes, fatigue, hypertension, chest and back pain, ulcers, infections, disease, etc.

**Over 150 points:** *Mild life crisis.* 33% chance of illness such as: headaches, diabetes, fatigue, hypertension, chest and back pain, ulcers, infections, disease, etc.

**Under 150 points:** No significant problems.

