

The Holmes and Rahe Stress Scale

This test, based on the work of mental health experts Thomas H. Holmes and Richard H. Rahe, helps you identify the sources and amount of stress you encounter in your life. The following is a list of stress inducing events, in the order of their Life Change Unit (LCU), from high to low. Note all the items that apply to events you have experienced during the last year and add up their LCUs. Then take a look at what you can do about your stress level.

Life Event	LCUs
1. Death of spouse	100
2. Divorce	73
3. Marital Separation	65
4. Jail Term	63
5. Death of a close family member	63
6. Personal injury or illness	53
7. Marriage	50
8. Being Fired from work	47
9. Reconciliation with spouse	45
10. Retirement	45
11. Change in health of family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Addition of family member	39
15. Major business readjustment	39
16. Major change in financial state	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Change in frequency of arguments with spouse	35
20. Mortgage for loan or major purchase over \$ 15,000	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work	29
23. Children leaving home	29
24. Trouble with in-laws	29
25. Outstanding personal achievement	28
26. Spouse begins or stops work	26
27. Starting or ending school	26
28. Change in living conditions	25
29. Revision of personal habits (dress, manners, associations)	24
30. Trouble with boss	23
31. Change in work hours, conditions	20

32. Change in residence	20
33. Change in school	20
34. Change in recreational activities	19
35. Change in church activities	19
36. Change in social activities	18
37. Mortgage or loan under \$15,000	17
38. Change in sleeping habits	16
39. Change in number of family gatherings	15
40. Change in eating habits	15
41. Vacation	13
42. Christmas	12
43. Minor violation of the law	11

If your total is 0-150:

Congratulations! At the moment, your stress level is low. Your chance of illness or accident related to your stress within two years is low. Any change can lead to stress, even enjoyable activities, such as vacations or new forms of recreation.

If your total is 150-300:

Take care of yourself now. You have borderline high stress. Your chance of accident or illness related to your stress within two years is moderate. Recommendation: Reduce your stress.

If your total is over 300:

Warning: You have a high stress level. Your chance of accident or illness related to your stress during the next two years is great. Stress intervention techniques are strongly urged.