

## The Holmes-Rahe Life Stress Inventory

<b>Event</b>	<b>Mean Value</b>	<b>Your Score</b>
Death of spouse	100	<input type="checkbox"/>
Divorce	73	<input type="checkbox"/>
Marital Separation from mate	65	<input type="checkbox"/>
Detention in jail or other institution	63	<input type="checkbox"/>
Death of a close family member	63	<input type="checkbox"/>
Major personal injury or illness	53	<input type="checkbox"/>
Marriage	50	<input type="checkbox"/>
Being fired at work	47	<input type="checkbox"/>
Marital reconciliation with mate	45	<input type="checkbox"/>
Retirement from work	45	<input type="checkbox"/>
Major change in the health/behavior of a family member	44	<input type="checkbox"/>
Pregnancy	40	<input type="checkbox"/>
Sexual Difficulties	39	<input type="checkbox"/>
Gaining a new family member (birth, adoption, in law)	39	<input type="checkbox"/>
Major business readjustment	39	<input type="checkbox"/>
Major change in financial state	38	<input type="checkbox"/>
Death of a close friend	37	<input type="checkbox"/>
Changing to a different line of work	36	<input type="checkbox"/>
Major change in arguments w/spouse or partner	35	<input type="checkbox"/>
Taking on a mortgage (for home, business)	31	<input type="checkbox"/>
Foreclosure on a mortgage or loan	30	<input type="checkbox"/>
Major change in responsibilities at work (promotion or demotion)	29	<input type="checkbox"/>
Son or daughter leaving home (marriage, attending college, joined army)	29	<input type="checkbox"/>

<b>Event</b>	<b>Mean Value</b>	<b>Your Score</b>
In-law troubles	29	<input type="checkbox"/>
Outstanding personal achievement	28	<input type="checkbox"/>
Spouse beginning or ceasing work outside the home	26	<input type="checkbox"/>
Beginning or ceasing formal schooling	26	<input type="checkbox"/>
Major change in living condition (new home, remodeling, deterioration of neighborhood or home)	25	<input type="checkbox"/>
Revision of personal habits (i.e. quitting smoking)	24	<input type="checkbox"/>
Troubles with the boss	23	<input type="checkbox"/>
Major changes in working hours or conditions	20	<input type="checkbox"/>
Changes in residence	20	<input type="checkbox"/>
Changing to a new school	20	<input type="checkbox"/>
Major change in usual type and/or amount of recreation	19	<input type="checkbox"/>
Major change in church activity	19	<input type="checkbox"/>
Major change in social activities (clubs, movies)	18	<input type="checkbox"/>
Taking on a loan (auto, household)	17	<input type="checkbox"/>
Major change in sleeping habits	16	<input type="checkbox"/>
Major change in number of family get-togethers	15	<input type="checkbox"/>
Major change in eating habits	15	<input type="checkbox"/>
Vacation	13	<input type="checkbox"/>
Major holidays	12	<input type="checkbox"/>
Minor violations of the law (traffic tickets)	11	<input type="checkbox"/>

Adapted from Thomas Holmes and Richard Rahe, Holmes-Rahe Social Readjustment Rating Scale, *Journal of Psychosomatic Research*, Vol II, 1967.