

Holmes and Rahe Stress Scale

This scale was developed in 1967 by psychiatrists Thomas Holmes and Richard Rahe to determine how stressful life events contribute to illness. Items that have been adjusted for overseas life are noted with a *. Please mark events occurring in the last one year of your life. If any events occur more than once a year, multiply the score.

1.	Death of a spouse or child	100	_____
2.	Divorce	73	_____
3.	Marital separation	65	_____
4.	Jail term/personal assault/ terrorism near you*	63	_____
5.	Death of a close family member	63	_____
6.	Move to a foreign country*	63	_____
7.	Personal injury or serious illness	53	_____
8.	Marriage	50	_____
9.	Live/work in a foreign culture*	50	_____
10.	Learn a new language in a foreign country*	47	_____
11.	Fired at work	47	_____
12.	Marital reconciliation	45	_____
13.	Retirement	45	_____
14.	Change in health of a family member	44	_____
15.	Pregnancy	40	_____
16.	Difficulties in sexual life	39	_____
17.	Gain of a new family member	39	_____
18.	Do support discovery/deputation*	39	_____
19.	Business readjustment	39	_____
20.	Change in financial state	38	_____
21.	Learning to live without a fixed salary	38	_____
22.	Death of a close friend	37	_____
23.	Leaving all relatives and close friends at one time	37	_____
24.	Change to different line of work	36	_____
25.	Change in number of arguments with spouse	35	_____
26.	Mortgage over \$100,000	31	_____
27.	Foreclosure of mortgage or loan	30	_____
28.	Attend candidate/training program to be evaluated*	30	_____

29. Change in responsibilities at work	29	_____
30. Son or daughter leaving home	29	_____
31. Trouble with in-laws	29	_____
32. Outstanding personal achievement	28	_____
33. Wife begins or stops work	26	_____
34. Change in living conditions	25	_____
35. Revision of personal habits	24	_____
36. Trouble with boss	23	_____
37. Being misunderstood by family/relatives*	23	_____
38. Adjusting to a new climate*	22	_____
39. Change in work hours or conditions	20	_____
40. Change in residence	20	_____
41. Change in schools	20	_____
42. Change in recreation	19	_____
43. Change in church activities	19	_____
44. Change in social activities	18	_____
45. Change in level of physical activities*	18	_____
46. Mortgage or loan less than \$100,000	17	_____
47. Frequent travel away from home*	16	_____
48. Change in sleeping circumstances	16	_____
49. Change in number of family get-togethers	15	_____
50. Making new close friends*	15	_____
51. Change in eating habits/foods available*	15	_____
52. Vacation	13	_____
53. Christmas	12	_____
54. Minor violations of the law	11	_____
55. Other stresses not listed		_____

Your Total: _____

Studies performed in the United States show that 200 points in one year increases the risk for serious physical illness or a serious psychological problem within the next 2 years. The average overseas worker we have seen has about 600 points a year, and still functions reasonably well because of a high level of commitment and enhanced coping abilities.

Source: Heartstream Resources