

The Stress of Adjusting to Change

Finally, a test you don't want a high score on!

The following is an easy stress test based on the research done by Holmes and Rahe*. It is designed to assess possible health risks, based on the things that have happened in your life in the last year.

Below are a variety of possible 'normal' life events. Simply add up the numbers on the right of each event that has occurred in your life in the last 12 months. According to their statistical prediction model, a score of 150 or less means a relatively low (about 30%) probability of stress-related illness (including heart attack, cancer, stroke, etc.) . A score of 151 to 299 implies a 50% probability and a score of 300 or above implies an 80% probability of experiencing a health change - usually a negative change.

EVENT	SCORE		EVENT	SCORE	
Death of a Spouse:	100		Major change in responsibility at work	29	
Divorce	73		Son or daughter leaving home	29	
Marital Separation	65		In-Law troubles	29	
Detention in jail or institution	63		Outstanding personal achievement	28	
Death of a close family member	63		Spouse begins to cease work outside of home	26	
Major personal injury or illness	53		Go back to school	26	
Marriage	50		Major change in living condition (rebuilding, remodeling)	25	
Being fired at work	47		Revision of personal habits	24	
Marital reconciliation	45		Troubles with superior, boss	23	
Retirement	45		Major change in working hours, conditions	20	
Major change in health or behavior of a family member	44		Change in residence	20	
Pregnancy	40		Change to a new school	20	
Sexual Difficulty	40		Major change in usual type and/or amount of recreation	19	
Gaining a new family member through birth, adoption or remarriage	39		Major change in church activities	19	
Major business readjustments	39		Major change in social activities	18	
Major change in financial state	38		Purchasing a new car, or other big purchase	17	
Death of a close friend:	37		Major change in sleeping habits	16	
Change to a different line of work	36		Major change in number of family get togethers	15	
Major increase in fights with spouse	35		Major change in eating habits	15	
Taking on a mortgage	31		Vacation	13	
Foreclosure on a mortgage or loan	30		Christmas or holiday observance	12	
			Minor violations of the law	11	
TOTAL			TOTAL		
			GRAND TOTAL		

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

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