

The Holmes and Rahe Stress Scale

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The Holmes and Rahe Stress Scale also known as the Social Readjustment Rating Scale (SRRS), was developed in 1967 by psychiatrists Thomas Holmes and Richard Rahe. This scale is designed to identify major stressful life events, which require significant adjustment and thus induce stress. The SRRS includes 43 life events, each with a specific Life Change Unit (LCU) value, with "Death of a spouse" rated as the most traumatic at 100 LCU. By totaling the LCUs of events experienced over a year, individuals can estimate their risk of a major health breakdown in the next two years. Scores are correlated with risk levels for stress-related illness: less than 150 LCUs suggests a low risk, 150-299 LCUs a moderate risk, and over 300 LCUs a high risk of developing stress-related health issues.

PERSONAL INFORMATION

Name: _____ Date: _____ dd / mm / yyyy

Reason for Assessment

Previous Experience with Stress Management

☐ Yes ☐ No

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Death of spouse (100)

☐ Yes ☐ No

Divorce (73)

☐ Yes ☐ No

Marital Separation from mate (65)

☐ Yes ☐ No

Detention in jail or other institution (63)

☐ Yes ☐ No

Death of a close family member (63)

☐ Yes ☐ No

Major personal injury or illness (53)

☐ Yes ☐ No

Marriage (50)

☐ Yes ☐ No

Being fired at work (47)

☐ Yes ☐ No

Marital reconciliation with mate (45)

☐ Yes ☐ No

Retirement from work (45)

☐ Yes ☐ No

Major change in the health or behavior of a family member (44)

☐ Yes ☐ No

Pregnancy (40)

☐ Yes ☐ No

Sexual Difficulties (39)

☐ Yes ☐ No

Gaining a new family member (i.e., birth, adoption, older adult moving in, etc) (39)

☐ Yes ☐ No

Major business readjustment (39)

☐ Yes ☐ No

Major change in financial state (i.e., a lot worse or better off than usual) (38)

☐ Yes ☐ No

Death of a close friend (37)

☐ Yes ☐ No

Changing to a different line of work (36)

☐ Yes ☐ No

Major change in the number of arguments with spouse (i.e., either a lot more or a lot less than usual) (35)

☐ Yes ☐ No

Taking on a mortgage (for home, business, etc.) (31)

☐ Yes ☐ No

Foreclosure on a mortgage or loan (30)

☐ Yes ☐ No

Major change in responsibilities at work (i.e., promotion, demotion, etc.) (29)

☐ Yes ☐ No

Son or daughter leaving home (marriage, attending college, joined mil.) (29)

☐ Yes ☐ No

In-law troubles (29)

☐ Yes ☐ No

Outstanding personal achievement (28)

☐ Yes ☐ No

Spouse beginning or ceasing work outside the home (26)

☐ Yes ☐ No

Beginning or ceasing formal schooling (26)

☐ Yes ☐ No

Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.) (25)

☐ Yes ☐ No

Revision of personal habits (dress manners, associations, quitting smoking) (24)

☐ Yes ☐ No

Troubles with the boss (23)

☐ Yes ☐ No

Major changes in working hours or conditions (20)

☐ Yes ☐ No

Changes in residence (20)

☐ Yes ☐ No

Changing to a new school (20)

☐ Yes ☐ No

Major change in usual type and/or amount of recreation (19)

☐ Yes ☐ No

Major change in church activity (i.e. a lot more or less than usual) (19)

☐ Yes ☐ No

Major change in social activities (clubs, movies, visiting, etc.) (18)

☐ Yes ☐ No

Taking on a loan (car, tv, freezer, etc.) (17)

☐ Yes ☐ No

Major change in sleeping habits (a lot more or a lot less than usual) (16)

☐ Yes ☐ No

Major change in number of family get-togethers (15)

☐ Yes ☐ No

Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings) (15)

☐ Yes ☐ No

Vacation (13)

☐ Yes ☐ No

Major holidays (12)

☐ Yes ☐ No

Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc) (11)

☐ Yes ☐ No

Total Score: _____

Under 150 LCUs: 30% chance of suffering from stress. 150 – 299 LCUs: 50% chance of suffering from stress. Over 300 LCUs: 80% chance of developing a stress-related illness.

Notes