

# Life Change Index

*This index was taken from the Thomas Holmes and Richard Rahe Social Readjustment Rating Scale, Journal of Psychosomatic Research, Vol II, 1967, Holmes-Rahe Life Stress Inventory. To rate how much stress you are experiencing in your life, add up the numbers listed for life events you have undergone WITHIN THE PAST YEAR ONLY.*

1	Death of a spouse	100
2	Divorce	73
3	Marital separation from your mate	65
4	Detention in jail or other institution	63
5	Death of a close family member like a child or sibling	63
6	Major personal injury/illness	53
7	Getting married	50
8	Being fired at work	47
9	Marital reconciliation with mate	45
10	Retirement from work	45
11	Major change in health or behavior of a family member	44
12	Pregnancy	40
13	Sexual difficulties	39
14	Gaining a new family member (birth, adoption, foster family, older adult moving in, etc.)	39
15	Major business readjustment	39
16	Major change in financial state (a lot worse or better off than usual)	38
17	Death of a close friend	37
18	Change to a different line of work	36
19	Major change in number of arguments with partner (a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20	Taking on a mortgage	31
21	Foreclosure on a mortgage or loan	30
22	Major change in responsibilities at work (promotion, demotion, etc.)	29
23	Child leaving home (marriage, attending college, joining military, etc.)	29
24	Trouble with in-laws	28
25	Outstanding personal achievement	28
26	Partner beginning or ending work outside of the home	26
27	Beginning or ending formal schooling	26
28	Major change in living conditions (new home, remodeling, deterioration of neighborhood or home, etc.)	25
29	Change in personal habits (the way you dress, manners, addictions, etc. )	24
30	Trouble with boss	23
31	Major change in work hours or conditions	20
32	Change in residence	20
33	Changing to new school	20
34	Major change in usual type or amount of recreation	19
35	Major change in church activity	19
36	Major change in social activities (clubs, movies, visiting, etc.)	18
37	Taking on a loan (car, tv, freezer, etc.)	17
38	Major change in sleeping habits	16
39	Major change in number of family get-togethers	15
40	Major change in eating habits (a lot more or a lot less food intake, different meal times, etc.)	13
41	Vacation	13
42	Major holidays	12
43	Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

TOTAL-----

*If you score 150 points or less, you have a relatively low amount of life change and a low susceptibility to stress-induced health breakdown. If you have 150-300 points you have a 50% chance of becoming seriously ill within two years from stress. A score of 300 or more raises your chances of becoming seriously ill to 80%.*