The Holmes and Rahe Stress Scale

Introduction

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: _____

Reason for Assessment:

_____

Previous Experience with Stress Management:

☐ Yes

☐ No

The Holmes and Rahe Stress Scale

No.	Life Event	Mean Value	Experienced?
1	Death of spouse	100	☐
2	Divorce	73	☐
3	Marital Separation from mate	65	☐
4	Detention in jail or other institution	63	☐
5	Death of a close family member	63	☐
6	Major personal injury or illness	53	☐

7	Marriage	50	☐
8	Being fired at work	47	☐
9	Marital reconciliation with mate	45	☐
10	Retirement from work	45	☐
11	Major change in the health or behavior of a family member	44	☐
12	Pregnancy	40	☐
13	Sexual Difficulties	39	☐
14	Gaining a new family member (i.e., birth, adoption, older adult moving in, etc)	39	☐
15	Major business readjustment	39	☐
16	Major change in financial state (i.e., a lot worse or better off than usual)	38	☐
17	Death of a close friend	37	☐
18	Changing to a different line of work	36	☐
19	Major change in the number of arguments with spouse (i.e., either a lot more or a lot less than usual)	35	☐
20	Taking on a mortgage (for home, business, etc.)	31	☐
21	Foreclosure on a mortgage or loan	30	☐
22	Major change in responsibilities at work (i.e., promotion, demotion, etc.)	29	☐

23	Son or daughter leaving home (marriage, attending college, joined mil.)	29	☐
24	In-law troubles	29	☐
25	Outstanding personal achievement	28	☐
26	Spouse beginning or ceasing work outside the home	26	☐
27	Beginning or ceasing formal schooling	26	☐
28	Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25	☐
29	Revision of personal habits (dress manners, associations, quitting smoking)	24	☐
30	Troubles with the boss	23	☐
31	Major changes in working hours or conditions	20	☐
32	Changes in residence	20	☐
33	Changing to a new school	20	☐
34	Major change in usual type and/or amount of recreation	19	☐
35	Major change in church activity (i.e. a lot more or less than usual)	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 (a lot more or a lot less than usual)	16	☐

39	Major change in number of family get-togethers ("")	15	☐
40	Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15	☐
41	Vacation	13	☐
42	Major holidays	12	☐
43	Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)	11	☐

Score total: _____

Score Interpretation

- **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: