

ADULT STRESS SCALE

A person's response to the stress of physical illness varies tremendously and in large part depends on his or her own personality style and social supports. It is known, for example, that certain diseases such as diabetes, rheumatoid arthritis, peptic ulcer disease, or cardiac disease can worsen with mental stress. It is not clear or proven that stress causes diseases, but it is clear that these and probably many other illnesses are aggravated by stress. In 1967, psychiatrists Thomas Holmes and Richard Rahe found a positive correlation between a person's life event and their illnesses. Their results are commonly known as the Holmes and Rahe Stress Scale.

| LIFE EVENT | LIFE CHANGE UNITS | SCORE | LIFE EVENT | LIFE CHANGE UNITS | SCORE |
|------------------------------------|-------------------|-------|---------------------------------------|-------------------|-------|
| Death of a spouse | 100 | | Child leaving home | 29 | |
| Divorce | 73 | | Trouble with in-laws | 29 | |
| Marital separation | 65 | | Outstanding personal achievement | 28 | |
| Imprisonment | 63 | | Spouse starts or stops work | 26 | |
| Death of a close family member | 63 | | Begin or end school | 26 | |
| Personal injury or illness | 53 | | Change in living conditions | 25 | |
| Marriage | 50 | | Revision of personal habits | 24 | |
| Dismissal from work | 47 | | Trouble with boss | 23 | |
| Marital reconciliation | 45 | | Change in working hours or conditions | 20 | |
| Retirement | 45 | | Change in residence | 20 | |
| Change in health of family member | 44 | | Change in schools | 20 | |
| Pregnancy | 40 | | Change in recreation | 19 | |
| Sexual difficulties | 39 | | Change in church activities | 19 | |
| Gain a new family member | 39 | | Change in social activities | 18 | |
| Business readjustment | 39 | | Minor mortgage or loan | 17 | |
| Change in financial state | 38 | | Change in sleeping habits | 16 | |
| Death of a close friend | 37 | | Change in number of family reunions | 15 | |
| Change to different line of work | 36 | | Change in eating habits | 15 | |
| Change in frequency of arguments | 35 | | Vacation | 13 | |
| Major mortgage | 32 | | Christmas | 12 | |
| Foreclosure of mortgage or loan | 30 | | Minor violation of law | 11 | |
| Change in responsibilities at work | 29 | | | | |

Score of 300+: At risk of illness.

Score of 150-299+: Risk of illness is moderate (reduced by 30% from the above risk).

Score of 150 or below: Only have a slight risk of illness.