

NON-ADULT STRESS SCALE

Adults and children alike experience stress in everyday life. Commitments to school, family life, peer pressures, and difficulties in personal relationships are all important sources of stress. As the definition implies, stress upsets the normal equilibrium or balance in one's life. To measure stress according to the Holmes and Rahe Stress Scale, a modified scale has also been developed for non-adults. Similar to the adult scale, stress points for life events in the past year are added and compared to the rough estimate of how stress affects health.

LIFE EVENT	LIFE CHANGE UNITS	SCORE	LIFE EVENT	LIFE CHANGE UNITS	SCORE
Death of a parent	100		Breaking up with boyfriend or girlfriend	53	
Unplanned pregnancy/abortion	100		Beginning to date	51	
Getting married	95		Suspension from school	50	
Divorce of parents	90		Becoming involved with drugs/alcohol	50	
Acquiring a visible deformity	80		Birth of a brother or sister	50	
Fathering a child	70		Increase in arguments between parents	47	
Jail sentence of parent for over a year	70		Loss of job by parent	46	
Marital separation of parents	69		Outstanding personal achievement	46	
Death of a brother or sister	68		Change in parent's financial status	45	
Change in acceptance of peers	67		Accepted at college of choice	43	
Unplanned pregnancy of sister	64		Being a senior in high school	42	
Discovery of being an adopted child	63		Hospitalization of a sibling	41	
Marriage of parent to stepparent	63		Increased absence of parent from home	38	
Having a visible congenital deformity	62		Brother or sister leaving home	37	
Serious illness requiring hospitalization	58		Addition of third adult to family	34	
Failure of a grade in school	56		Becoming a full member of a church	31	
Not making an extracurricular activity	55		Decrease in arguments between parents	26	
Hospitalization of parent	55		Mother or father beginning work	26	
Jail sentence of parent for over 30 days	53				

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.