

**STRESS TEST**

*(The Social Readjustment Scale, developed by Holmes, & Rahe, 1967  
Adapted by Meridian Consulting, Inc., 2001)*

**DIRECTIONS:** Print and read the list of life events on the left and enter the point value for each event that has occurred to you in the past year in the right hand column. If any of these events have occurred more than once during the past year, multiply the point value by the number of occurrences and enter the result in the right hand column.

Life Event	Point Value	Score
1. Death of a spouse	100	_____
2. Divorce	73	_____
3. Marital separation	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. Fired at work	47	_____
9. Marital reconciliation	45	_____
10. Retirement	45	_____
11. Major change in the health/behavior of a family member	44	_____
12. Pregnancy	40	_____
13. Sexual difficulties	39	_____
14. Gain of a new family member (birth, adoption, etc.)	39	_____
15. Major business readjustment (merger, reorganization etc.)	39	_____
16. Major change in financial status (better or worse)	38	_____
17. Death of a close friend	37	_____
18. Change to a different line of work	36	_____
19. Change in number of arguments with spouse	35	_____
20. Taking out a mortgage or other major loan	31	_____
21. Foreclosure of a loan or mortgage	30	_____

22. Major change of responsibilities at work (promotion/demotion)	29	_____
23. Son or daughter leaving home	29	_____
24. Trouble with in-laws	29	_____
25. Outstanding personal achievement	28	_____
26. Spouse starting or ending work outside of home	26	_____
27. Beginning or ceasing formal schooling	26	_____
28. Major change in living conditions (new home, remodeling)	25	_____
29. Change of personal habits	24	_____
30. Trouble with your boss	23	_____
31. Major change in working hours or conditions	20	_____
32. Change in residence	20	_____
33. Change of schools	20	_____
34. Major change in usual amount of exercise/recreation	19	_____
35. Change in amount of church activities	19	_____
36. Major change in social activities	18	_____
37. Taking out a loan for a small purchase	17	_____
38. Major change in sleeping habits	16	_____
39. Major change in family get-togethers	15	_____
40. Major change in eating habits	15	_____
41. Vacation	13	_____
42. Christmas / Holiday Season	12	_____
43. Minor violation of the law (ticket etc.)	11	_____

YOUR TOTAL SCORE \_\_\_\_\_

Add together the numerical value of the items for a Total Score. The scale measures major life events that are disruptive and lead to stress. The higher your score, the more likely you will suffer from an illness sometime in the next two years.

- If your score is below 150 -199 points, you have a 37% chance of suffering from a minor illness in the next two years, if you do not do something more adaptive to manage your stress.
- If your score is between 200-299 points, you have a 51% chance of suffering a minor illness in the next two years, if you do nothing more adaptive to cope.