The Holmes and Rahe Readjustment Rating Scale

This scale should not be used as, or in place of, a clinical instrument. When individuals or supervisors have concerns about the state of health, professional psychological assistance should be sought.

Also, please note that this assessment tool has been designed for persons living in an average first-world environment. Humanitarian workers will note that many everyday experiences in relief environments are not referred to in this scale. (see "The Stress and Trauma Handbook," Chapter 8). Work is progressing on such adjustment scales but validation trials will take some time. However, this instrument does indicate stress levels relating to the last twelve months, and its use is recommended.

Instructions:

On the line following each event that you have experienced in the last year write the number indicating the events life change units (the number in parenthesis before the event.) Add all the numbers you have entered for your total score. This is a personal exercise, so be honest with yourself.

(100) Death of spouse _____
(65) Marital separation _____
(63) Death of close family member _____
(53) Personal injury or illness _____
(50) Marriage _____
(47) Loss of Job _____
(45) Marital reconciliation _____
(45) Retirement _____
(44) Change in health of family member/Pregnancy _____
(40) Sex difficulties _____
(39) Gain of new family member _____
(39) Change in financial status _____
(38) Death of close friend _____
(37) Change to different kind of work _____
(36) Increase/decrease in arguments w/spouse _____
(35) Taking out big mortgage on home _____
(31) Foreclosure of mortgage or loan _____
(30) Change in work responsibility _____
(30) Child leaving home _____
(29) Outstanding personal achievement _____
(28) Spouse begins or stops work _____
(28) Revision of personal habits _____
(23) Trouble w/business superior _____
(20) Change in work hours/condition _____

Notes:

(20) Change in residence _____
(20) Change in school _____
(19) Change in recreation _____
(18) Change in social activities _____
(16) Taking out small mortgage on home _____
(16) Change in sleeping _____
(15) Change in numbers of family gatherings _____
(15) Change in eating habits _____
(13) Vacation _____
(11) Minor violation of law _____

TOTAL SCORE _____

Notes:

Significance of the score: The source suggests the amount of "change stress" you have personally encountered and dealt with over the past twelve months. These stressors could affect the state of your health in the following manner (see side box):

150-199 *(mild risk)* - suggests minimal "change stress" and probable good health

200-299 *(medium risk)* - likelihood of your having had or being about to have a minor illness

300+ *(high risk)* - likelihood of your having had or being about to have a major illness

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