

# Social Readjustment Rating Scale

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Simply add up the values for all of the listed life events that have occurred to you within the past year. If a particular event has happened to you more than once within the last 12 months, multiply the value by the number of occurrences. Enter your value total at the end of the list.

## Life Event Value

1. Death of Spouse.....	100
2. Divorce.....	73
3. Marital separation.....	65
4. Jail term.....	63
5. Death of close family member.....	63
6. Personal injury or illness.....	53
7. Marriage.....	50
8. Fired at work.....	47
9. Marital reconciliation.....	45
10. Retirement.....	45
11. Change in health of family member.....	44
12. Pregnancy.....	40
13. Sex difficulties.....	39
14. Gain of new family member.....	39
15. Business readjustment.....	39
16. Change in financial state.....	38
17. Death of close friend.....	37
18. Change to a different line of work.....	36
19. Change in number of arguments with spouse.....	35
20. Mortgage over \$40,000.....	31
21. Foreclosure of mortgage or loan.....	30
22. Change in responsibilities at work.....	29
23. Son or daughter leaving home.....	29
24. Trouble with in-laws.....	29
25. Outstanding personal achievement.....	28
26. Spouse begins or stops work.....	26
27. Begin or end school.....	26
28. Change in living conditions.....	25
29. Revision of personal habits.....	24
30. Trouble with boss.....	23
31. Change in work hours or conditions.....	20
32. Change in residence.....	20
33. Change in schools.....	20
34. Change in recreation.....	19
35. Change in church activities.....	19
36. Change in social activities.....	18
37. Mortgage or loan of less than \$40,000.....	17
38. Change in the number of family get-togethers.....	15
39. Change in sleeping habits.....	15
40. Change in eating habits.....	15
41. Single person living alone.....	*
42. Other- describe.....	*

\* Give appropriate points to yourself

**Total** \_\_\_\_\_

If your score is 300 or more, statistically you stand an almost 80% chance of getting sick in the near future. If you score is 150 to 299, the chances are about 50%. At less than 150, about 30%. This scale seems to suggest that change in one's life requires an effort to adapt and then an effort to regain stability.