

## Social Readjustment Stress Rating Scale\*

Circle YES or NO to each event that has happened to you in the past year. Total up the number of questions answered yes.

<u>Life Event</u>	<u>Answer</u>		<u>Point Value</u>	<u>Score</u>
Death of spouse	YES	NO	100	_____
Divorce	YES	NO	73	_____
Marital separation	YES	NO	65	_____
Jail term	YES	NO	63	_____
Death of close family member	YES	NO	63	_____
Personal injury or illness	YES	NO	53	_____
Marriage	YES	NO	50	_____
Fired from work	YES	NO	47	_____
Marital reconciliation	YES	NO	45	_____
Retirement	YES	NO	45	_____
Change in family members health	YES	NO	44	_____
Pregnancy	YES	NO	40	_____
Sex difficulties	YES	NO	39	_____
Addition to family	YES	NO	39	_____
Business readjustment	YES	NO	39	_____
Change in financial status	YES	NO	38	_____
Death of close friend	YES	NO	37	_____
Change in line of work	YES	NO	36	_____
Change in # of marital arguments	YES	NO	35	_____
Expensive mortgage or loan	YES	NO	31	_____
Foreclosure of mortgage or loan	YES	NO	30	_____
Change in work responsibilities	YES	NO	29	_____
Son or daughter leaving home	YES	NO	29	_____
Trouble with in-laws	YES	NO	29	_____
Outstanding personal achievement	YES	NO	28	_____
Spouse begins or stops work	YES	NO	26	_____
Starting or finishing school	YES	NO	26	_____
Change in living conditions	YES	NO	25	_____
Revision of personal habits	YES	NO	24	_____
Trouble with boss	YES	NO	23	_____
Change in work hours, conditions	YES	NO	20	_____
Change in residence	YES	NO	20	_____
Change in schools	YES	NO	20	_____
Change in recreational habits	YES	NO	19	_____
Change in church activities	YES	NO	18	_____
Mortgage or loan under \$10,000	YES	NO	18	_____
Change in sleeping habits	YES	NO	16	_____
Change in # of family gatherings	YES	NO	15	_____
Change in eating habits	YES	NO	15	_____
Vacation	YES	NO	13	_____
Christmas season	YES	NO	12	_____
Minor violation of the law	YES	NO	11	_____

**Total Score:** \_\_\_\_\_

150 or less: 37% chance of illness within the next two years.

151-299: 50% chance of illness within the next two years.

300 or above: 80% chance of illness within the next two years.

\* Adapted from Holmes, TH and Rahe, RH Booklet for Schedule of Recent Experience (SRE) Seattle, University of Washington, 1967