

# Holmes-Rahe Scale

Adjusted for overseas life  
Items with \* have been added

Please mark events occurring in the last one year of your life. If any events occur more than once a year, multiply the score.

Event	Score	Your Total Score
1. Death of a spouse or child	100	_____
2. Divorce	73	_____
3. Marital separation	65	_____
4. Jail term/personal assault*/terrorism near you*	63	_____
5. Death of a close family member	63	_____
6. Move to a foreign country*	63	_____
7. Personal injury or serious illness	53	_____
8. Marriage	50	_____
9. Live/work in a foreign culture*	50	_____
10. Learn a new language in a foreign country*	47	_____
11. Fired at work	47	_____
12. Marital reconciliation	45	_____
13. Retirement	45	_____
14. Change in health of a family member	44	_____
15. Pregnancy	40	_____
16. Difficulties in sexual life	39	_____
17. Gain of a new family member	39	_____
18. Do support discovery/deputation*	39	_____
19. Business readjustment	39	_____

<b>Event</b>	<b>Score</b>	<b>Your Total Score</b>
20. Change in financial state	38	_____
21. Learning to live without a fixed salary*	38	_____
22. Death of a close friend	37	_____
23. Leaving all relatives and close friends at one time*	37	_____
24. Change to a different line of work	36	_____
25. Change in number of arguments with spouse	35	_____
26. Mortgage over \$100,000	31	_____
27. Foreclosure of mortgage or loan	31	_____
28. Attend a candidate/training program to be evaluated*	30	_____
29. Change in responsibilities at work	29	_____
30. Son or daughter leaving home	29	_____
31. Trouble with in-laws	29	_____
32. Outstanding personal achievement	28	_____
33. Wife begins or stops work	26	_____
34. Change in living conditions	25	_____
35. Revision of personal habits	24	_____
36. Trouble with boss	23	_____
37. Being misunderstood by family/relatives*	23	_____
38. Adjusting to a new climate*	22	_____
39. Change in work hours or conditions	20	_____
40. Change in residence	20	_____
41. Change in school	20	_____
42. Change in recreation	19	_____
43. Change in church activities	19	_____

Event	Score	Your Total Score
44. Change in social activities	18	_____
45. Change in level of physical activities*	18	_____
46. Mortgage or loan less than \$100,000	17	_____
47. Frequent travel away from home*	16	_____
48. Change in sleeping circumstances	16	_____
49. Change in number of family get-togethers	15	_____
50. Making new close friends*	15	_____
51. Change in eating habits/foods available*	15	_____
52. Vacation	13	_____
53. Christmas	12	_____
54. Minor violations of the law	11	_____
55. Other stresses not listed:		
		_____
		_____
Your Total Score		_____

Note: Studies performed in the United States show that 200 points in one year increases the risk for serious physical illness or a serious psychological problem within the next two years. The average overseas worker incurs an average of 600 points a year, and still functions reasonably well because of a high level of commitment and enhanced coping abilities.