

Stress Index Test

1) What is stress to you?

2) Below are stressors in a person's life, listed in the order of importance. Take the numbers from column 1 and place them in column 2 for any of the stresses you have experienced. Then add all the numbers in Column 2 to score.

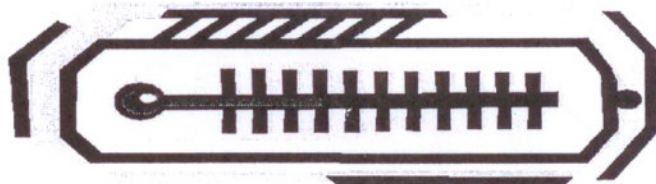
THE SOCIAL READJUSTMENT SCALE* Life Change Units

Column 1	Column 2	Life Event	Past/Present	Column 1	Column 2	Life Event	Past/Present
100pt.s	___	1) Death of spouse	___/___	29pts	___	22) Child leaving home	___/___
100pt.s	___	2) Physical or sexual abuse	___/___	29pts	___	23) Trouble with inlaws	___/___
73pts	___	3) Divorce	___/___	28pts	___	24) Personal achievement	___/___
65pts	___	4) Marital separation	___/___	26pts	___	25) Wife begins/ends work	___/___
63pts	___	5) Jail term	___/___	26pts	___	26) Begin/end work	___/___
63pts	___	6) Death of family member	___/___	25pts	___	27) Change living conditions	___/___
53pts	___	7) Personal injury	___/___	24pts	___	28) Revise personal habits	___/___
47pts	___	9) Fired from job	___/___	20pts	___	30) Change work hours	___/___
45pts	___	10) Marital reconciliation	___/___			or conditions	
45pts	___	11) Retirement	___/___	20pts	___	32) Change in school	___/___
44pts	___	12) Change in health of	___/___	19pts	___	33) Change in recreation	___/___
		family members		19pts	___	34) Change in church	___/___
40pts	___	13) Pregnancy	___/___			activity	
39pts	___	14) Sexual difficulties	___/___	20pts	___	31) Change in residence	___/___
39pts	___	15) Gain new family member	___/___	17pts	___	36) Small mortgage/loan	___/___
39pts	___	16) Business adjustment	___/___	16pts	___	37) Change in sleep habits	___/___
39pts	___	17) Financial change	___/___	18pts	___	35) Change in social activity	___/___
37pts	___	18) Death of close friend	___/___	15pts	___	38) Change in number of	___/___
36pts	___	19) Change to new job	___/___			family get-togethers	
35pts	___	20) Change # of arguments	___/___	15pts	___	39) Change in eating habits	___/___
		w/spouse		13pts	___	40) Vacation	___/___
33pts	___	21) Large mortgage	___/___	12pts	___	41) Christmas	___/___
				11pts	___	42) Minor law violation	___/___

TOTAL POINT VALUE _____

50 100 150 200 250 300 350

*Drs. Thomas Holmes
& Richard Rahe



LOW MODERATE HIGH MAXIMUM