

Rahe Stress Scale

To measure stress according to the Holmes and Rahe Stress Scale, the number of Life Change Units that apply to events in the past year of an individual's life are added and the final score will give a rough estimate of how much stress is affecting the individual's health.

A modified scale has also been developed for children and teenagers. Similar to the adult scale, stress points for life events in the past year are added and compared to the rough estimate of how stress affects health.

| Adults | Children and teenagers |
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| Death of a spouse - 100 Divorce - 73 Marital separation - 65 Imprisonment - 63 Death of a close family member - 63 Personal injury or illness - 53 Marriage - 50 Dismissal from work - 47 Marital reconciliation -45 Retirement - 45 Change in health of family member - 44 Pregnancy - 40 Sexual difficulties - 39 Gain a new family member - 39 Business readjustment - 39 Change in financial state - 38 Change in frequency of arguments - 35 Major mortgage - 32 Foreclosure of mortgage or loan - 30 Change in responsibilities at work - 29 Child leaving home - 29 Trouble with in-laws - 29 Outstanding personal achievement - 28 Spouse starts or stops work - 26 Begin or end school - 26 Change in living conditions - 25 Revision of personal habits - 24 Trouble with boss - 23 Change in working hours or conditions - 20 Change in residence - 20 Change in schools - 20 Change in recreation - 19 Change in church activities - 19 Change in social activities - 18 Minor mortgage or loan - 17 Change in sleeping habits - 16 Change in number of family reunions - 15 Change in eating habits - 15 Vacation - 13 Christmas - 12 Minor violation of law - 11 | Getting married - 100 Unwed pregnancy - 92 Death of parent - 87 Acquiring a visible deformity - 81 Divorce of parents - 77 Fathering an unwed pregnancy - 77 Becoming involved with drugs or alcohol - 76 Jail sentence of parent for over one year - 75 Marital separation of parents - 69 Death of a brother or sister - 68 Change in acceptance by peers - 67 Pregnancy of unwed sister - 64 Discovery of being an adopted child - 63 Marriage of parent to step-parent - 63 Death of a close friend - 63 Having a visible congenital deformity - 62 Serious illness requiring hospitalization - 58 Failure of a grade in school - 56 Not making an extracurricular activity - 55 Hospitalization of a parent - 55 Jail sentence of parent for over 30 days - 53 Breaking up with boyfriend or girlfriend - 53 Beginning to date - 51 Suspension from school - 50 Birth of a brother or sister - 50 Increase in arguments between parents - 47 Loss of job by parent - 46 Outstanding personal achievement - 46 Change in parent's financial status - 45 Accepted at college of choice - 43 Being a senior in high school - 42 Hospitalization of a sibling - 41 Increased absence of parent from home - 38 Brother or sister leaving home - 37 Addition of third adult to family - 34 Becoming a full-fledged member of a church - 31 Decrease in arguments between parents - 27 Decrease in arguments with parents - 26 Mother or father beginning work - 26 |
| Score of 300+: At risk of illness. Score of 150-299: Risk of illness is moderate (reduced by 30% from the above risk). Score less than 150: Only have a slight risk of illness. | Score of 300+: At risk of illness. Score of 150-299: Risk of illness is moderate. (reduced by 30% from the above risk) Score less than 150: Slight risk of illness. |