



# Psychology

Measuring Stress  
 Leveled Assessment \_\_\_\_/4

Name:  
 Section:  
 Score: \_\_\_\_/5

Directions: Take the Holmes-Rahe Stress below by adding up your points from the different categories and then answer the series of questions below.

## HOLMES-RAHE STRESS TEST

In the past 12 months, which of these have happened to you?

EVENT	VALUE	SCORE	EVENT	VALUE	SCORE
Death of a spouse	100		Son or daughter leaving home	29	
Divorce	73		Trouble with in-laws	29	
Marital separation	65		Outstanding personal achievement	28	
Jail term	63		Spouse begins or starts work	26	
Death of close family member	63		Starting or finishing school	26	
Personal injury or illness	53		Change in living conditions	25	
Marriage	50		Revision of personal habits	24	
Fired from work	47		Trouble with boss	23	
Marital reconciliation	45		Change in work hours, conditions	20	
Retirement	45		Change in residence	20	
Change in family member's health	44		Change in schools	20	
Pregnancy	40		Change in recreational habits	19	
Sex difficulties	39		Change in church activities	19	
Addition to family	39		Change in social activities	18	
Business readjustment	39		Mortgage or loan under \$10,000	18	
Change in financial status	38		Change in sleeping habits	16	
Death of close friend	37		Change in number of family gatherings	15	
Change in number of marital arguments	35		Change in eating habits	15	
Mortgage or loan over \$10,000	31		Vacation	13	
Foreclosure of mortgage or loan	30		Christmas season	12	
Change in work responsibilities	29		Minor violation of the law	11	
			<b>TOTAL</b>		

Taken from: "The Social Readjustment Rating Scale"  
 Journal of Psychosomatic Research, II (1967), pp. 213-218

### Thought Questions:

- Your score from the Holmes-Rahe Stress Test: \_\_\_\_\_
- Use the table to the right to determine your risk of stress related Health Issues. What is your risk level?

Score	Comment
11-150	You have only a low to moderate chance of becoming ill in the near future.
150-299	You have a moderate to high chance of becoming ill in the near future.
300-600	You have a high or very high risk of becoming ill in the near future.

3. Explain three things you could do to improve your score? You do not need to say particularly which issue you are addressing, but you should have it in mind when coming up with an answer on how to lower your stress level. Your ideas should address your three largest contributors to your stress.

a.

b.

c.

4. Based on the Holmes-Rahe stress test which period of your lifetime do you think will be the most stressful? Make a clear assertion of which period of your life, explain your reasoning on why you think so and then provide evidence from the Holmes-Rahe Stress test to support your argument.

Assertion:

Reasoning:

Evidence: