

The Life Stress Scale

Psychiatrist Thomas H. Holmes of the University of Washington School of Medicine has developed a scale to measure the relative stress induced by various changes in a person's life. The amount of stress is measured on a point scale of 200 "life-change units." Studies by Dr. Holmes and his associates show that if you accumulate more than 200 units in a single year your life has probably been disrupted enough to make you vulnerable to illness.

Event	Scale of Import	Event	Scale of Import
Death of 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 _____	Wife begins or stops work	26 _____
Death of close family member	63 _____	Begin or end school	26 _____
Personal injury or illness	53 _____	Change in living conditions	25 _____
Marriage	50 _____	Revision of personal habits	24 _____
Fired at work	47 _____	Trouble with boss	23 _____
Marital reconciliation	45 _____	Change in work hour or conditions	20 _____
Retirement	45 _____	Change in residence	20 _____
Change in health of family member	44 _____	Change in schools	20 _____
Pregnancy	40 _____	Change in recreation	19 _____
Sex difficulties	39 _____	Change in church activities	19 _____
Gain of new family member	39 _____	Change in social activities	19 _____
Business readjustment	39 _____	Mortgage or loan less than \$10,000	17 _____
Change in financial state	38 _____	Change in sleeping habits	16 _____
Death of close friend	37 _____	Change in number of family get-togethers	15 _____
Change to different line of work	36 _____	Change in eating habits	15 _____
Change in number of arguments with spouse	35 _____	Vacation	13 _____
Mortgage over \$10,000	31 _____	Christmas	12 _____
Foreclosure of mortgage or loan	30 _____	Minor violation of the law	11 _____
Change in responsibilities at work	29 _____	Column 2 Sub Total	_____
Sub total	_____	Column 1 Sub Total	_____
		Total	_____