Holmes-Rahe Scale\*

Adjusted for overseas life. Items with \* have been added

Please mark events occurring in the last 12 months. If any events occur more than once a year, multiply the score.

1. Death of a spouse or child 100 \_\_\_
2. Divorce 73 \_\_\_
3. Marital Separation 65 \_\_\_
4. Jail term/personal assault\*/terrorism nearby\* 63 \_\_\_
5. Death of 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\* 47 \_\_\_
10. Learning a new language in 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. Support raising/deputation\* 39 \_\_\_
19. Business readjustment 39 \_\_\_
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 & close friends at once\* 37 \_\_\_
24. Change to 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 30 \_\_\_
28. Attend candidate training/complete evaluation\* 30 \_\_\_
29. Change in responsibilities at work 29 \_\_\_
30. Child leaving home 29 \_\_\_
31. Trouble with in-laws 29 \_\_\_
32. Outstanding personal achievement 28 \_\_\_
33. Spouse 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 relatives/friends\* 23 \_\_\_
38. Adjusting to a new climate\* 22 \_\_\_
39. Change in work hours or conditions 20 \_\_\_
40. Change in residence 20 \_\_\_
41. Change in schools 20 \_\_\_
42. Change in recreation 19 \_\_\_
43. Change in church activities 19 \_\_\_
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 stressors not listed \_\_ \_\_\_

(Working on an international team, team conflict, spiritual warfare, death of team member, etc.)

# **Stress score (sustained)**

150-199 = Low vulnerability to stress related disorders (burnout, depression, illness)

200-299 = Moderate vulnerability

300+ = High vulnerability