

The work of **Holmes & Rahe** (1967) suggests that an accumulation of significant life events in any one year increases your vulnerability to stress related health problems. Total up your score. A score of over 300 points in one year

increases your susceptibility to stress-related problems, while a score of below 150 means a relatively low amount of life change and a low susceptibility to stress-related health problems.

LIFE EVENT	LIFE CHANGE UNIT
Death of a spouse/partner	100
Divorce	73
Marital separation	65
Imprisonment	63
Death of a close family member	60
Personal injury or illness	55
Marriage	50
Moving house	49
Dismissal from work	47
Retirement	45
Change in health of family member	44
Pregnancy	40
Sexual difficulties	39
Gaining a new family member	39
Business/work changes	39
Change in financial state	38
Death of a close friend	37
Changes in amount of arguments with spouse	36
Major mortgage	32
Son or daughter leaving home	29
Outstanding personal achievement	29
Trouble with in-laws	28
Spouse begins or stops work	27
Change in living conditions	27
Change in social activities	26
Change in recreational activities	25
Change in school	24
Holidays	15
Christmas	14
Minor violation of the law	11
TOTAL SCORE	