

## LIFE CHANGE INDEX

This index developed by Drs. Holmes and Rahe, indicates degrees of stress related to changes in life. Even enjoyable events can be stressful. Life change scores that are high are related to more illness. In studies, many people who scored over 300 became ill within a three to six month period.

If an event has been true for you in the past year, or is about to happen, circle the associated point value. If an unlisted event has occurred, add it to the bottom of the list and assign it a point value.

Add up the points.

|  |       |
|--|-------|
| Death of a spouse or partner .....       | 100   |
| Divorce .....                            | 73    |
| Separation from spouse or partner .....  | 65    |
| Jail term .....                          | 63    |
| Death of close family member .....       | 63    |
| Personal injury or illness .....         | 53    |
| Marriage/commitment to a partner .....   | 50    |
| Fired at work .....                      | 47    |
| Reconciliation with spouse/partner ..... | 45    |
| Retirement .....                         | 45    |
| Change in health of family member .....  | 44    |
| Pregnancy .....                          | 40    |
| Sex difficulties .....                   | 39    |
| Addition of new family member .....      | 39    |
| Business readjustment .....              | 39    |
| Change in financial state .....          | 38    |
| Death of a close friend .....            | 37    |
| Change to a different line of work ..... | 36    |
| More arguments with spouse/partner ..... | 35    |
| Mortgage over \$50,000 .....             | 31    |
| Foreclosure of mortgage or loan .....    | 30    |
| Change in work responsibilities .....    | 29    |
| Child leaving home .....                 | 29    |
| Trouble with in-laws .....               | 29    |
| Outstanding personal achievement .....   | 28    |
| Spouse/partner begins/stops work .....   | 26    |
| Begin or end school .....                | 26    |
| Change in living conditions .....        | 25    |
| Revision of personal habits .....        | 24    |
| Trouble with boss or employee .....      | 23    |
| Change in work 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    |
| Mortgage or loan under \$50,000 .....    | 17    |
| Change in sleeping habits .....          | 16    |
| Change in eating habits .....            | 15    |
| Vacation .....                           | 13    |
| Christmas approaching .....              | 12    |
| Minor violations of the law .....        | 11    |
| Other .....                              | _____ |
| <b>TOTAL ALL THE POINTS</b> .....        | _____ |