

Life Change Index Scale (The Stress Test)

Directions: If an event mentioned above has occurred in the past year, or is expected in the near future, copy the number in the score column. If the event has occurred or is expected to occur more than once, multiply this number by the frequency of the event.

Event	Impact Score	My Score
Death of spouse	100	
Divorce	73	
Marital Separation	65	
Jail Term	63	
Death of close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired at work	47	
Marital reconciliation	45	
Retirement	45	
Change in health of family member	44	
Pregnancy	40	
Sex difficulties	39	
Gain of a 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	
Change in number of arguments with spouse	35	
Mortgage over \$20,000	31	

Foreclosure of mortgage or loan	30	
Change in responsibilities at work	29	
Son or daughter leaving home	29	
Trouble with in laws	29	
Outstanding personal achievement	28	
Spouse begins or stop work	26	
Begin or end school	26	
Change in living conditions	25	
Revisions of personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreations	19	
Change in church activities	19	
Change in social activities	19	
Mortgage or loan less than \$20,000	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Vacation	13	
Christmas approaching	12	
Minor violation of the law	11	
Total		

Scoring The Life Change Index :

The body is a finely timed instrument that does not like surprises. Any sudden change stimuli which affects the body, or the reordering of important routines that the body become used to, can cause needless stress, throwing your whole physical being into turmoil.

The following chart will give you some idea of how to informally score yourself on Social Readjustment Scale. Since being healthy is the optimum state you want to achieve, being sick is the state of being you most want to avoid.

Life Change Units

Over 300
Between 150 and 299
Less than 150

Likelihood Of Illness In Near Future

About 80 percent
About 50 percent
About 30 percent

The higher your life change score, the harder you have to work to get yourself back into a state of good health.

T.H.Holmes and T.H. Rahe. "The Social Readjustment Rating Scale," Journal of Psychosomatic Research. 11:213, 1967.