

Elaine Dembe's Wellness Article Series

Holmes Rahe Stress Scale, Adult

A modified scale has also been developed for non-adults. Similar to the adult scale, stress points for life events in the past year are added and compared to the rough estimate of how stress affects health.

Life event	Life change units	Life event	Life change units
Death of a spouse	100	Trouble with in-laws	29
Divorce	73	Outstanding personal achievement	28
Marital separation	65	Spouse starts or stops work	26
Imprisonment	63	Begin or end school	26
Death of a close family member	63	Change in living conditions	25
Personal injury or illness	53	Revision of personal habits	24
Marriage	50	Trouble with boss	23
Dismissal from work	47	Change in working hours or conditions	20
Marital reconciliation	45	Change in residence	20
Retirement	45	Change in schools	20
Change in health of family member	44	Change in recreation	19
Pregnancy	40	Change in church activities	19
Sexual difficulties	39	Change in social activities	18
Gain a new family member	39	Minor mortgage or loan	17

Business readjustment	39	Change in sleeping habits	16
Change in financial state	38	Change in number of family reunions	15
Change in frequency of arguments	35	Change in eating habits	15
Major mortgage	32	Vacation	13
Foreclosure of mortgage or loan	30	Christmas	12
Change in responsibilities at work	29	Minor violation of law	11
Child leaving home	29		

Score of 300+: At risk of illness.

Score of 150-299+: Risk of illness is moderate (reduced by 30% from the above risk).

Score 150-: Only have a slight risk of illness.

Dr. Elaine Dembe

200 St. Clair Avenue West, Suite 308

Toronto, Ontario, M4V 1R1

Tel: 416-960-5353

Fax: 416-960-0193

www.elainedembe.com

dr.elainedembe@rogers.com