

## Elaine Dembe's Wellness Article Series

### Holmes Rahe Stress Scale, Non-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 |
|---|-------------------|--|-------------------|
| Getting married                           | 101               | Jail sentence of parent for over 30 days | 53                |
| Unwed pregnancy                           | 92                | Breaking up with boyfriend or girlfriend | 53                |
| Death of parent                           | 87                | Beginning to date                        | 51                |
| Acquiring a visible deformity             | 81                | Suspension from school                   | 50                |
| Divorce of parents                        | 77                | Birth of a brother or sister             | 50                |
| Fathering an unwed pregnancy              | 77                | Increase in arguments between parents    | 47                |
| Becoming involved with drugs or alcohol   | 76                | Loss of job by parent                    | 46                |
| Jail sentence of parent for over one year | 75                | Outstanding personal achievement         | 46                |
| Marital separation of parents             | 69                | Change in parent's financial status      | 45                |
| Death of a brother or sister              | 68                | Accepted at college of choice            | 43                |
| Change in acceptance by peers             | 67                | Being a senior in high school            | 42                |
| Pregnancy of unwed sister                 | 64                | Hospitalization of a sibling             | 41                |
| Discovery of being an adopted child       | 63                | Increased absence of parent from home    | 38                |
| Marriage of parent to stepparent          | 63                | Brother or sister leaving home           | 37                |
| Death of a close friend                   | 63                | Addition of third adult to family        | 34                |

|   |    |  |    |
|---|----|--|----|
| Having a visible congenital deformity     | 62 | Becoming a full fledged member of a church | 31 |
| Serious illness requiring hospitalization | 58 | Decrease in arguments between parents      | 27 |
| Failure of a grade in school              | 56 | Decrease in arguments with parents         | 26 |
| Not making an extracurricular activity    | 55 | Mother or father beginning work            | 26 |
| Hospitalization of a parent               | 55 |  |    |

**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-:** Slight risk of illness.

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