

Stress Test!

The Holmes and Rahe Stress Inventory is a well-known tool for measuring the amount of stress you have experienced within the past year and consider what you should do about it. Taking the test can help you determine more clearly whether you are at serious risk of illness due to stress.

Instructions:

1. Look over the events listed below.
2. Answer yes or no next to each item if it has happened to you within the last twelve months. (You can multiply it by the number of times if you want to really check!)
3. Add up your score and see the results below.

	<i>Points</i>	<i>Yes/No</i>	<i>Score</i>
1. Death of a spouse	100	_____	_____
2. Divorce	72	_____	_____
3. Marital separation	65	_____	_____
4. Death of a close family member	63	_____	_____
5. Personal injury or illness	53	_____	_____
6. Marriage	50	_____	_____
7. Marital reconciliation	45	_____	_____
8. Change in health of family member	44	_____	_____
9. Pregnancy	40	_____	_____
10. Gain of new family member	39	_____	_____
11. Job Change	38	_____	_____
12. Change in financial status	37	_____	_____
13. Death of a close friend	36	_____	_____
14. Increase in arguments with significant other	35	_____	_____
15. Mortgage or loan of major purchase (home, etc.)	31	_____	_____
16. Foreclosure of mortgage or loan	30	_____	_____
17. Change in responsibilities of your job	29	_____	_____
18. Son or daughter leaving home	29	_____	_____
19. Trouble with in-laws	29	_____	_____
20. Outstanding personal achievement	28	_____	_____
21. Spouse begins or stops work outside the home	26	_____	_____
22. Revision of personal habits	24	_____	_____
23. Trouble with boss	23	_____	_____
24. Change in work hours or conditions	20	_____	_____
25. Change in residence	20	_____	_____
26. Change in sleeping habits	16	_____	_____

27. Change in eating habits	15	_____	_____
28. Vacation	13	_____	_____
29. Christmas	12	_____	_____
30. Minor violations of the law	11	_____	_____
Total			_____

Stress Test Scores:

0 - 149: Low risk of stress related illness.

150 - 299: Moderate susceptibility to stress related illness. Learn and practice relaxation and stress management skills and lead a healthy lifestyle.

300 and over: High susceptibility to stress related illness. You will benefit from practicing stress management techniques; also consider talking to your health care practitioner to see what else you can do to prevent or treat stress-related illnesses.