

Stress Inventory

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Stressed Out?

We all have stress in our lives and it can be healthy and positive when it motivates us to achieve. However, too much stress or an inability to manage stress levels can be demanding, both physically and emotionally. High stress levels can make you more susceptible to illness.

How Stressed Are You?

The following scale was developed by Holmes and Rahe to investigate the relationship between social readjustment, stress and susceptibility to illness. In the past 24 months, which of these have happened to you? Check the box next to any event which has occurred in your life in the last two years.

Life Events	Life Changes Units	
Death of spouse	100	<input type="checkbox"/>
Divorce	73	<input type="checkbox"/>
Marital separation	65	<input type="checkbox"/>
Jail term	63	<input type="checkbox"/>
Death of close family member	63	<input type="checkbox"/>
Personal injury or illness	53	<input type="checkbox"/>
Marriage	50	<input type="checkbox"/>
Fired at work	47	<input type="checkbox"/>
Marital reconciliation	45	<input type="checkbox"/>
Retirement	45	<input type="checkbox"/>
Change in health of a family member	44	<input type="checkbox"/>
Pregnancy	40	<input type="checkbox"/>
Sex Difficulties	39	<input type="checkbox"/>
Gain of new family member	39	<input type="checkbox"/>
Business readjustment	39	<input type="checkbox"/>
Change in financial state	38	<input type="checkbox"/>
Death of close friend	37	<input type="checkbox"/>
Change to different line of work	36	<input type="checkbox"/>
Change in number of arguments with spouse	35	<input type="checkbox"/>
Mortgage over \$100,000	31	<input type="checkbox"/>
Foreclosure of mortgage or loan	30	<input type="checkbox"/>
Change in responsibilities at work	29	<input type="checkbox"/>

Life Events	Life Changes Units	
Son or daughter leaving home	29	<input type="checkbox"/>
Trouble with in-laws	29	<input type="checkbox"/>
Outstanding personal achievement	28	<input type="checkbox"/>
Wife begins or stops work	26	<input type="checkbox"/>
Begin or end school	26	<input type="checkbox"/>
Change in living conditions	25	<input type="checkbox"/>
Revision in personal habits	24	<input type="checkbox"/>
Trouble with boss	23	<input type="checkbox"/>
Change in work hours or conditions	20	<input type="checkbox"/>
Change in residence	20	<input type="checkbox"/>
Change in schools	20	<input type="checkbox"/>
Change in recreation	19	<input type="checkbox"/>
Change in church activities	19	<input type="checkbox"/>
Change in social activities	18	<input type="checkbox"/>
Mortgage or loan less than \$30,000	17	<input type="checkbox"/>
Change in sleeping habits	16	<input type="checkbox"/>
Change in number of family get-togethers	15	<input type="checkbox"/>
Change in eating habits	15	<input type="checkbox"/>
Vacation	13	<input type="checkbox"/>
Christmas alone	12	<input type="checkbox"/>
Minor violations of the law	11	<input type="checkbox"/>

YOUR SCORE:

Interpretation: **0-149** No problem **200-299** Moderate stress 50% chance of illness
 150-199 Mild stress 35% chance of illness **300+** Major stress 80% chance of illness.