

THE SOCIAL READJUSTMENT RATING SCALE

The Social Readjustment Rating Scale (SRRS - Holmes + Rahe (1967)) is a self-rated test, whereby you can assess how much stress you are experiencing. Simply circle the events that you have experienced in the last twelve months and add the values to the right of each of the items that you have marked, to obtain your total score.

+ Assessment

1. Death of spouse	100	23. Son / daughter leaving home	29
2. Divorce	73	24. Trouble with in-laws	29
3. Marital separation	65	25. Outstanding personal achievements	28
4. Jail term	63	26. Wife begins or stops work	26
5. Death of close family member	63	27. Begin or end school	26
6. Personal injury or illness	53	28. Change in living conditions	25
7. Marriage	50	29. Revision of personal habits	24
8. Fired at work	47	30. Trouble with boss	23
9. Marital reconciliation	45	31. Change in work hours or conditions	20
10. Retirement	45	32. Change in residence	20
11. Change in health of family member	44	33. Change in school	20
12. Pregnancy	40	34. Change in recreation	19
13. Sex difficulties	39	35. Change in religious activities	19
14. Gain of new family member	39	36. Change in social activities	18
15. Business readjustments	39	37. Loan less than \$50,000	17
16. Change in financial state	38	38. Change in sleeping habits	16
17. Death of a close friend	37	39. Change in number of family get-togethers	15
18. Change to different line of work	36	40. Change in eating habits	15
19. Change in number of arguments with spouse	35	41. Vacation	13
20. Mortgage over \$50 000	31	42. Holidays	12
21. Foreclosure of mortgage	30	43. Minor violation of laws	11
22. Responsibilities change at work	29		

+ Scoring: Low <149 | Mild = 150-200 | Moderate = 200-299 | Major >300

Reference: Holmes TH, Rahe RH (1967). The Social Readjustment Rating Scale. J Psychosom Res 11 (2): 213-8