



Holmes-Rahe Stress Test

In the past 12 months, which of these have happened to you?

EVENT	VALUE SCORE	EVENT	VALUE SCORE
Death of spouse.	100 <input type="checkbox"/>	Trouble with in-laws	29 <input type="checkbox"/>
Divorce	73 <input type="checkbox"/>	Outstanding personal achievement	28 <input type="checkbox"/>
Marital separation	65 <input type="checkbox"/>	Spouse begins or starts work.	26 <input type="checkbox"/>
Jail term	63 <input type="checkbox"/>	Starting or finishing school	26 <input type="checkbox"/>
Death of close family member	63 <input type="checkbox"/>	Change in living conditions	25 <input type="checkbox"/>
Personal injury or illness	53 <input type="checkbox"/>	Revision of personal habits	24 <input type="checkbox"/>
Marriage	50 <input type="checkbox"/>	Trouble with boss	23 <input type="checkbox"/>
Fired from work	47 <input type="checkbox"/>	Change in work hours. conditions	20 <input type="checkbox"/>
Marital reconciliation	45 <input type="checkbox"/>	Change in residence.	20 <input type="checkbox"/>
Retirement	45 <input type="checkbox"/>	Change in schools.	20 <input type="checkbox"/>
Change in family member's health	44 <input type="checkbox"/>	Change in recreational habits	19 <input type="checkbox"/>
Pregnancy	40 <input type="checkbox"/>	Change in church activities	19 <input type="checkbox"/>
Sex difficulties	39 <input type="checkbox"/>	Change in social activities	18 <input type="checkbox"/>
Addition to family	39 <input type="checkbox"/>	Mortgage or loan under \$10,000	18 <input type="checkbox"/>
Business readjustment	39 <input type="checkbox"/>	Change in sleeping habits	16 <input type="checkbox"/>
Change in financial status	38 <input type="checkbox"/>	Change in number of family gatherings ..	15 <input type="checkbox"/>
Death of close friend	37 <input type="checkbox"/>	Change in eating habits	15 <input type="checkbox"/>
Change in number of marital arguments .	35 <input type="checkbox"/>	Vacation	13 <input type="checkbox"/>
Mortgage or loan over \$10,000	31 <input type="checkbox"/>	Christmas season	12 <input type="checkbox"/>
Foreclosure of mortgage or loan	30 <input type="checkbox"/>	Minor violation of the law.	11 <input type="checkbox"/>
Change in work responsibilities	29 <input type="checkbox"/>		
Son or daughter leaving home	29 <input type="checkbox"/>	TOTAL	_____

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