

Holmes and Rahe Social Readjustment Scale

EVENT	VALUE	EVENT	VALUE
Death of a spouse or partner	100	Son or daughter leaving home	29
Divorce	73	Trouble with in-laws	29
Marital separation	65	Outstanding personal achievement	28
Jail term	63	Spouse begins or stops work	26
Personal injury	53	Starting or finishing school	26
Marriage	50	Change in living conditions	25
Fired from work	47	Revision of personal habits	24
Marital reconciliation	45	Trouble with boss	23
Retirement	45	Change in work hours, conditions	20
Changes in family member's health	44	Change in residence	20
Pregnancy	40	Change in schools	20
Sex difficulties	39	Change in recreational habits	19
Addition to family	39	Change in religious activities	19
Business readjustment	39	Change in social activities	18
Change in financial status	38	Mortgage or loan under \$10,000	17
Death of a close friend	37	Change in sleeping habits	16
Change to different line of work	36	Change in # of family gatherings	15
Change in # of marital arguments	35	Change in eating habits	15
Mortgage or loan over \$10,000	31	Vacation	13
Foreclosure or mortgage or loan	30	Christmas season	12
Change in work responsibilities	29	Minor violation of the law	11

Source: Reprinted from *Journal of Psychosomatic Research*, 11 (2), T.H. Holmes and R.H. Rahe, "The Social Readjustment Rating Scale," 1967, with permission from Elsevier.

After examining the researchers Social Readjustment Scale, adapt this list for adolescents/children.

1. Make a list of stressors that are age appropriate for adolescents/children. (10-20 stressors)
2. Discuss with your partner (or not) which one's produce the highest levels of stress and the lowest.
3. Rank them accordingly, giving them both a rank and mean value from highest to lowest similar to the scale above.
4. Write your list on a large visual, and post in the room for others to analyze.

