

Name \_\_\_\_\_

# Holmes and Rahe stress scale for non-adults

A modified scale has also been developed for non-adults. Similar to the adult scale, stress points for life events in the past year are added and compared to the rough estimate of how stress affects health.

Life Event	Life Change Units	
Getting married	101	
Unwed pregnancy	92	
Death of parent	100	
Acquiring a visible deformity	81	
Divorce of parents	90	
Fathering an unwed pregnancy	77	
Becoming involved with drugs or alcohol	76	
Jail sentence of parent for over one year	70	
Marital separation of parents	69	
Death of a brother or sister	68	
Change in acceptance by peers	67	
Pregnancy of unwed sister	64	
Discovery of being an adopted child	63	
Marriage of parent to stepparent	63	
Death of a close friend	63	
Having a visible congenital deformity	62	
Going to a new school	59	
Serious illness requiring hospitalization	58	
Failure of a grade in school	56	
Not making an extracurricular activity	55	
Hospitalization of a parent	55	
Jail sentence of parent for over 30 days	53	
Breaking up with boyfriend or girlfriend	53	
Beginning to date	51	
Suspension from school	50	
Birth of a brother or sister	50	
Increase in arguments between parents	47	
Loss of job by parent	46	
Outstanding personal achievement	46	
Change in parent's financial status	45	
Accepted at college of choice	43	
Being a senior in high school	42	
Hospitalization of a sibling	41	
Increased absence of parent from home	38	
Brother or sister leaving home	37	
Death of grandparent	36	
Addition of third adult to family	34	
Starting a job	34	
Marriage of brother or sister	26	
Mother or father beginning work	26	
Change in sleeping habits	16	
Change in eating habits	15	

**Score of 300+:** At risk of illness.

**Score of 150-299+:** Risk of illness is moderate. (reduced by | | 30% from the above risk)

**Score 150-:** Slight risk of illness.