

**Worksheet No. 8****SOCIAL RE-ADJUSTMENT RATING SCALE**

**Directions:** To obtain your score, multiply the number of times an event occurred by its mean value. Then total all of the scores.

<b>Mean Value</b>	<b>Life event</b>	<b>Your Score</b>
(100)	Death of spouse	
(73)	Divorce	
(65)	Marital separation	
(63)	Prison Term	
(63)	Death of close family member	
(53)	Personal injury or illness	
(50)	Marriage	
(47)	Sacked at work	
(45)	Marital reconciliation	
(45)	Retirement	
(44)	Change in health of family member	
(40)	Pregnancy	
(39)	Sex difficulties	
(39)	Gain of new family member	
(39)	Business readjustment	
(38)	Change in financial state	
(37)	Death of close friend	
(36)	Change to different line of work	
(35)	Change in number of arguments with spouse	
(31)	Mortgage or loan for major purchase (home, etc.)	
(30)	Foreclosure of mortgage or loan	
(29)	Change in responsibilities at work	
(29)	Son or daughter leaving home	
(29)	Trouble with In-laws	
(28)	Outstanding personal achievement	
(26)	With begin or stop work	
(25)	Change in living conditions	
(24)	Revision of personal habits	
(23)	Trouble with boss	
(20)	Change In work hours or conditions	
(20)	Change in residence	
(19)	Change in recreation	
(19)	Change in church activities	
(18)	Change in social activities	
(17)	Mortgage or loan for lesser purchase (car, electronics, etc.)	
(16)	Change in sleeping habits	
(15)	Change in number of family get-togethers	
(15)	Change in eating habits	
(13)	Holiday / Vacation	
(12)	Christmas	
(11)	Minor violation of the law.	

Holmes, T.H., and Rahe, R.H.: "The Social Readjustment Rating Scale"; *J. of Psychosomatic Research* 11 (1967):213-218.