



BEST CARE
EMPLOYEE ASSISTANCE PROGRAM

Holmes-Rahe Life Stress Inventory

Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

LIFE EVENT	Value
1. Death of a spouse	100
2. Divorce	73
3. Marital Separation from partner	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with partner	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual difficulties	39
14. Gaining a new family member (i.e. birth, adoption, older adult moving in, etc.)	39
15. Major business readjustment	39
16. Major change in financial state (i.e. a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36

Please note: This screening tool is only for adults. It is not a diagnostic instrument and is only to be used by you if you are 18 years or older. You are encouraged to share your results with your Best Care EAP counselor or with a physician or health care provider. Methodist Health System dba Best Care EAP, disclaims any liability, loss or risk incurred as a consequence, directly or indirectly, from the use and application of this screen.



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19. Major change in the number of arguments with spouse (i.e. either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking a mortgage (for home, business, etc.)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined military, etc.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home, etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e. a lot more or less than usual)	19
36. Major change in social activities (clubs, movies, visiting, etc.)	18
37. Taking on a loan (car, appliance, electronics, etc.)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers	15

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40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, etc.)	11

Total Score _____

Scoring: Add up all the points you have to find your score.

150 points or less means a relatively low amount of life change and a low susceptibility to stress-induced health issues.

150-300 points imply about a 50% chance of a major health issues in the next 2 years.

300 points or more raises the odds to about 80% according to the Holmes-Rahe statistical prediction model.

If you are concerned about your score for the Holmes-Rahe Life Stress Inventory, call your Best Care EAP today to speak confidentially with a professional counselor at 402.354.8000 or 800.801.4182.

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