

Life Change Index Exercise

Read over this list and record the weighted value of each change that has occurred in your life within the last two years. In completing the scale, consider how your score may be reflecting or predicting possible future effects on your health.

No.	Life Event	Event Score	Your Score
1.	Death of spouse	100	_____
2.	Divorce	73	_____
3.	Marital Separation from mate	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 mate	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 (e.g. birth, adoption or older person moving in)	39	_____
15.	Major business readjustment (e.g. merger, reorganization or bankruptcy)	39	_____
16.	Major change in financial state (e.g. becoming much worse off or much better off than usual)	38	_____
17.	Death of a close friend	37	_____
18.	Changing to a different line of work	36	_____

19. Major change in the number of arguments with spouse (e.g. either many more or fewer than usual regarding child rearing or personal habits)	35	_____
20. Taking a mortgage greater than \$10,000 (e.g. purchasing a home or business)	31	_____
21. Foreclosure on a mortgage or loan	30	_____
22. Major change in responsibilities at work (e.g. promotion, demotion or lateral transfer)	29	_____
23. Son or daughter leaving home (e.g. marriage, college, etc.)	29	_____
24. In-law troubles	29	_____
25. Outstanding personal achievement	28	_____
26. Wife beginning or ceasing work outside the home	26	_____
27. Beginning or ceasing formal schooling	26	_____
28. Major change in living conditions (e.g. building a new home, remodeling or deterioration of home or neighborhood)	25	_____
29. Revision of personal habits (dress, manners or associations)	24	_____
30. Troubles with the boss	23	_____
31. Major change in working hours or conditions	20	_____
32. Change 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 activities (e.g. many more or few than usual)	19	_____
36. Major change in social activities (e.g. clubs, dancing, movies or visiting)	18	_____
37. Taking on a mortgage or loan less than \$10,000 (e.g. purchase a car, TV or freezer)	17	_____
38. Major change in sleep habits (much more or much less sleep or different sleep hours)	16	_____
39. Major change in number of family get-togethers (e.g. many more or fewer than usual)	15	_____
40. Major change in eating habits (much greater or lesser food intake or very different meal hours or surroundings)	15	_____
41. Vacation	13	_____

42. Christmas	12	_____
43. Minor violation of the law (e.g. traffic tickets, jay-walking or disturbing the peace)	11	_____
	Total	_____

<u>Score</u>	<u>Chance of Illness or Injury</u>	<u>Your Level of Resistance</u>
150-199	Low (9-33%)	High Resistance
200-299	Moderate (30-52%)	Borderline Resistance
300 or more	High (50-86%)	Low Resistance - High Vulnerability

by Dr. Thomas H. Holmes
(The Social Readjustment Rating Scale)