

## **SOCIAL READJUSTMENT RATING SCALE**

**Stress, whether positive or negative, can affect you;  
we invite you to assess your level of stress using the following test:**

| <b>Life Events</b>                            | <b>Value</b> | <b>Points</b> |
|---|--------------|---------------|
| 1. Death of a spouse                          | 100          | _____         |
| 2. Divorce                                    | 73           | _____         |
| 3. Marital separation                         | 65           | _____         |
| 4. Jail term                                  | 63           | _____         |
| 5. Death of a close family member             | 63           | _____         |
| 6. Personal injury or illness                 | 53           | _____         |
| 7. Marriage                                   | 50           | _____         |
| 8. Fired at work                              | 47           | _____         |
| 9. Marital reconciliation                     | 45           | _____         |
| 10. Retirement                                | 45           | _____         |
| 11. Change in health of family member         | 44           | _____         |
| 12. Pregnancy                                 | 40           | _____         |
| 13. Sex difficulties                          | 39           | _____         |
| 14. Gain of a new family member               | 39           | _____         |
| 15. Business readjustment                     | 39           | _____         |
| 16. Change in financial state                 | 38           | _____         |
| 17. Death of a close friend                   | 37           | _____         |
| 18. Change to different line of work          | 36           | _____         |
| 19. Change in number of arguments with spouse | 35           | _____         |
| 20. High mortgage                             | 31           | _____         |
| 21. Foreclosure of mortgage or loan           | 30           | _____         |
| 22. Change in responsibilities at work        | 29           | _____         |
| 23. Son or daughter leaving home              | 29           | _____         |
| 24. Trouble with in-laws                      | 29           | _____         |
| 25. Outstanding personal achievements         | 28           | _____         |
| 26. Wife begins or stops work                 | 26           | _____         |
| 27. Begin or end school                       | 26           | _____         |
| 28. Change in living conditions               | 25           | _____         |
| 29. Revision of personal habits               | 24           | _____         |
| 30. Trouble with boss                         | 23           | _____         |
| 31. Change in work hours or conditions        | 20           | _____         |
| 32. Change in residence                       | 20           | _____         |
| 33. Change in school                          | 20           | _____         |
| 34. Change in recreation                      | 19           | _____         |
| 35. Change in religious activities            | 19           | _____         |
| 36. Change in social activities               | 18           | _____         |
| 37. Low mortgage or loan                      | 17           | _____         |
| 38. Change in sleeping habits                 | 16           | _____         |
| 39. Change in number of family get-togethers  | 15           | _____         |
| 40. Change in eating habits                   | 15           | _____         |
| 41. Vacation                                  | 13           | _____         |
| 42. Holidays                                  | 12           | _____         |
| 43. Minor violation of laws                   | 11           | _____         |

**Scoring:**

The preceding list is a typical scale used to measure the repercussions of changes occurring in one's life.

Add values to the right of each event that has occurred in your life in the last 12 months.

If your total is **less than 150**, your situation is comparable to that of the average population and your susceptibility to contract a serious illness is approximately 30% (or less).

If your total is **between 150 and 300**, you have an approximately 50% chance of becoming ill.

If your total is **more than 300 points**, you have an 80%/90% chance of experiencing a serious change in your health status.

Source : C.A.P. Santé Outaouais, Mieux-être en tête, Votre guide d'animation, juin 1994.