

## Holmes-Rahe Social Readjustment Rating Scale (SRRS)

Identifier

Date

This questionnaire asks about the number of events you have endured over the last 12 months, and shows how they can add up in terms of their effects. Each of the listed events has a score - the higher the score, the higher the stress associated with the event. Identify which have happened to you in the last 12 months by ticking the grey boxes; the questionnaire will add the scores for you.

Death of a spouse

Child leaving home

Divorce

Trouble with in-laws

Marital separation

Outstanding personal achievement

Imprisonment

Spouse starts or stops work

Death of a close family member

Begin or end school

Personal injury or illness

Change in living conditions

Marriage

Revision of personal habits

Dismissal from work

Trouble with boss

Marital reconciliation

Change in working hours or conditions

Retirement

Change in residence

Change in health of family member

Change in schools

Pregnancy

Change in recreation

Sexual difficulties

Change in church activities

Gain a new family member

Change in social activities

Business readjustment

More minor mortgage or loan

Change in financial state

Change in sleeping habits

Death of a close friend

Change in number of family reunions

Change to a different line of work

Change in eating habits

Change in frequency of arguments

Holiday

Major mortgage or loan

Christmas

Foreclosure of mortgage or loan

Minor violation of law

Change in responsibilities at work

Total SRRS score

See over the page for score interpretation ...

Serenity Programme™ - [www.serene.me.uk](http://www.serene.me.uk) - Holmes-Rahe (SRRS)

A score of more than 300 puts us at significantly increased risk of stress-related illness

A score of 150 - 299 - places us at moderate risk of illness (reduced by 30% from the above risk)

A score 150 or less - we have a slightly raised risk of stress-related illness

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

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