

ADAPTED STRESS SURVEY
**Adapted Social Readjustment Rating Scale*

Value	Life Stressful Event
• 100	<i>Death of a spouse or live-in partner</i>
• 75	<i>Divorce</i>
• 75	<i>Cutting</i>
• 75	<i>Alcoholism</i>
• 75	<i>Anorexia nervosa</i>
• 75	<i>Bulimia nervosa, bulimarexia</i>
• 75	<i>Drug addiction</i>
• 75	<i>Compulsive overeating with excessive weight gain</i>
• 65	<i>Marital separation or separation of live-in partner</i>
• 65	<i>Jail term or arrest</i>
• 65	<i>Death of a close family member other than spouse or live-in partner</i>
• 55	<i>Serious personal injury or illness</i>
• 55	<i>Compulsive overeating without excessive weight gain</i>
• 50	<i>Menopause</i>
• 50	<i>Marriage or committing to a life partner</i>
• 45	<i>Marital reconciliation or partnership reconciliation</i>
• 45	<i>Retirement</i>
• 45	<i>Change in family member's health</i>
• 40	<i>Pregnancy</i>
• 40	<i>Sexual difficulties</i>
• 40	<i>Addition of a new family member</i>
• 40	<i>Change in business status</i>
• 40	<i>Working more than 40 hours a week</i>
• 40	<i>Change in financial status</i>
• 35	<i>Death of a close friend other than family member</i>
• 35	<i>Change to a different type of work</i>
• 35	<i>Change of the number of arguments with spouse or with life partner</i>
• 30	<i>Mortgage or major loan or high credit card debt</i>
• 30	<i>Foreclosure of mortgage or loan or bankruptcy</i>
• 30	<i>Change in work responsibilities</i>
• 30	<i>Son or daughter leaving home</i>
• 30	<i>Difficulty with in-laws</i>
• 30	<i>Outstanding personal achievement</i>
• 25	<i>Spouse begins or stops work</i>
• 25	<i>Starting or finishing school</i>
• 25	<i>Change in living conditions</i>
• 25	<i>Change in personal habits</i>
• 25	<i>Trouble with employer</i>
• 20	<i>Change in work hours or conditions</i>
• 20	<i>Change of residence</i>
• 20	<i>Change in recreational habits</i>
• 20	<i>Change in church or spiritual activities</i>
• 15	<i>Change in sleeping habits</i>
• 15	<i>Change in the number of family gatherings</i>
• 15	<i>Vacation</i>
• 15	<i>Holiday season</i>
• 10	<i>Minor violation of the law</i>
150 or less	37% chance of illness within the next two years.
145-295	50% chance of illness within the next two years.
300 or more	80% chance of illness within the next two years.

**Adapted and revised from "The Social Readjustment Rating Scale", Journal of Psychosomatic Research; 11 (1967) 213-218*