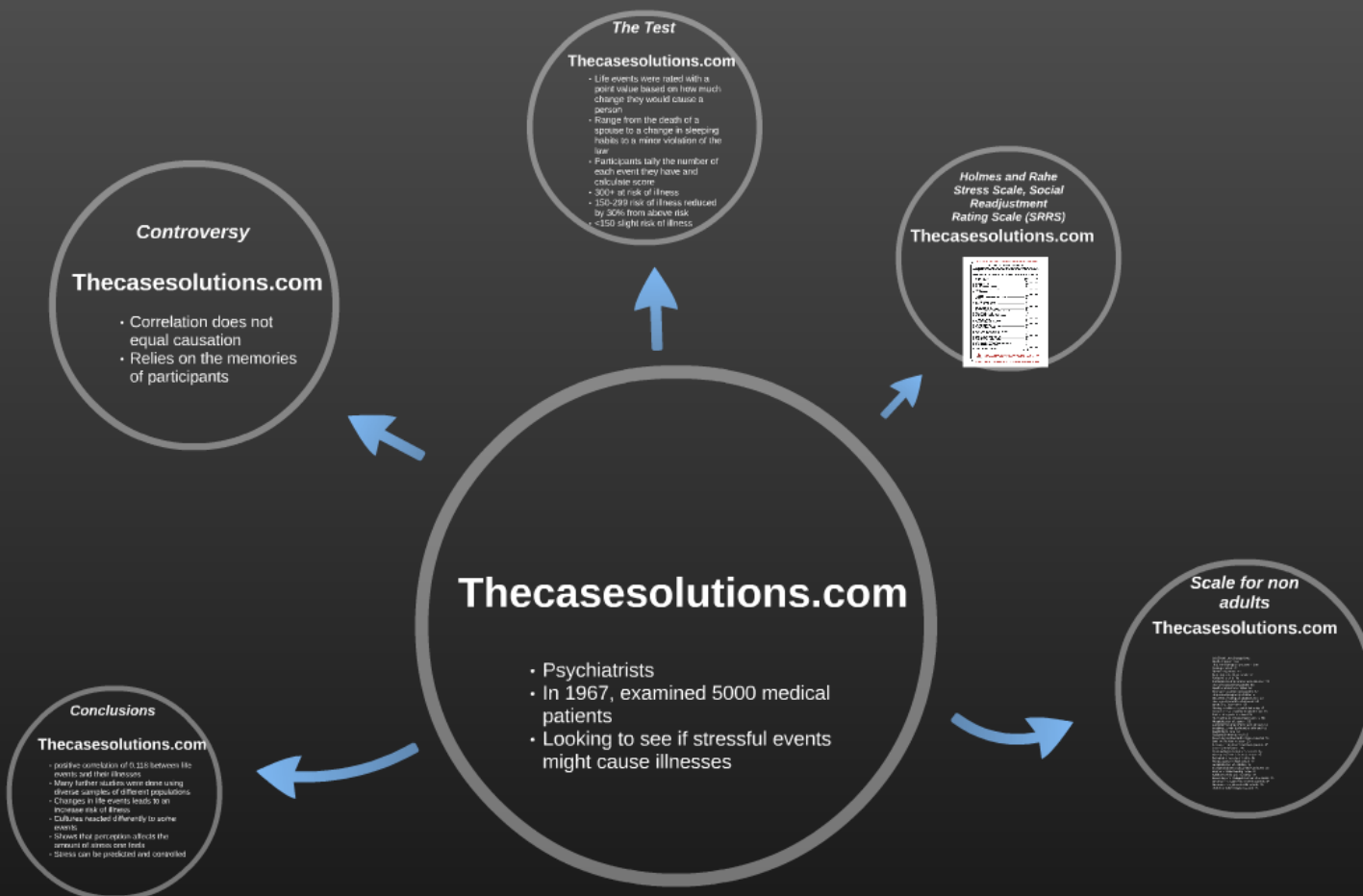


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- Psychiatrists
- In 1967, examined 5000 medical patients
- Looking to see if stressful events might cause illnesses

Conclusions

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- positive correlation of 0.118 between life events and their illnesses
- Many further studies were done using diverse samples of different populations
- Changes in life events leads to an increase risk of illness
- Cultures reacted differently to some events
- Shows that perception affects the amount of stress one feels
- Stress can be predicted and controlled

Controversy

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- Correlation does not equal causation
- Relies on the memories of participants



The Test

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- Life events were rated with a point value based on how much change they would cause a person
- Range from the death of a spouse to a change in sleeping habits to a minor violation of the law
- Participants tally the number of each event they have and calculate score
- 300+ at risk of illness
- 150-299 risk of illness reduced by 30% from above risk
- <150 slight risk of illness

Holmes and Rahe Stress Scale, Social Readjustment Rating Scale (SRRS) Thecasesolutions.com

YOU MAY PRINT AND COPY AND USE THIS SCALE WITHOUT THE SOCIAL READJUSTMENT RATING SCALE - AS IS - AS LONG AS YOU CITE -

HOLMES AND RAHE STRESS SCALE

Holmes and Rahe found that a score of 150 gives you a 50-50 chance of developing an illness. A score of 300+ gives you a 90% chance of developing an illness, having an accident or "blowing up". Notice that "positive times" like Christmas, marriage and vacations are stressful.

multiply event by the number of times you have experienced it in the last year

LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
1 DEATH OF SPOUSE	100	X	=
2 DIVORCE	75	X	=
3 MARITAL SEPARATION	65	X	=
4 JAIL TERM	63	X	=
5 DEATH OF CLOSE FAMILY MEMBER	63	X	=
6 MAJOR PERSONAL INJURY OR ILLNESS	53	X	=
7 MARRIAGE	50	X	=
8 FIRED FROM WORK	47	X	=
9 MARITAL RECONCILIATION	45	X	=
10 RETIREMENT	45	X	=
11 MAJOR CHANGE IN HEALTH OF FAMILY MEMBER	44	X	=
12 PREGNANCY	40	X	=
13 SEX DIFFICULTIES	39	X	=
14 GAIN OF NEW FAMILY MEMBER	39	X	=
15 MAJOR BUSINESS READJUSTMENT	39	X	=
16 MAJOR CHANGE IN FINANCIAL STATE	38	X	=
17 DEATH OF CLOSE FRIEND	37	X	=
18 CHANGE TO DIFFERENT LINE OF WORK	36	X	=
19 MAJOR CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE	35	X	=
20 MORTGAGE OVER \$100,000	31	X	=
21 FORCLOSURE OF MORTGAGE OR LOAN	30	X	=
22 MAJOR CHANGE IN RESPONSIBILITIES AT WORK	29	X	=
23 SON OR DAUGHTER LEAVING HOME	29	X	=
24 TROUBLE WITH IN-LAWS	29	X	=
25 OUTSTANDING PERSONAL ACHIEVEMENT	28	X	=
26 SPOUSE BEGINS OR STOPS WORK	26	X	=
27 BEGIN OR END SCHOOL	26	X	=
28 MAJOR CHANGE IN LIVING CONDITIONS	25	X	=
29 REVISION OF PERSONAL HABITS	24	X	=
30 TROUBLE WITH BOSS	23	X	=
31 MAJOR CHANGE IN WORK HOURS OR CONDITIONS	20	X	=
32 CHANGE IN RESIDENCE OR SCHOOLS	20	X	=
33 MAJOR CHANGE IN RECREATION	19	X	=
34 MAJOR CHANGE IN CHURCH ACTIVITIES	19	X	=
35 MAJOR CHANGE IN SOCIAL ACTIVITIES	18	X	=
36 MORTGAGE OR LOAN LESS THAN \$10,000	17	X	=
37 MAJOR CHANGE IN SLEEPING HABITS	16	X	=
38 MAJOR CHANGE IN NUMBER OF FAMILY GET-TOGETHERS	15	X	=
39 MAJOR CHANGE IN EATING HABITS	15	X	=
40 VACATIONS, CHRISTMAS	13	X	=
41 MINOR VIOLATIONS OF THE LAW	11	X	=
		YOUR TOTAL	

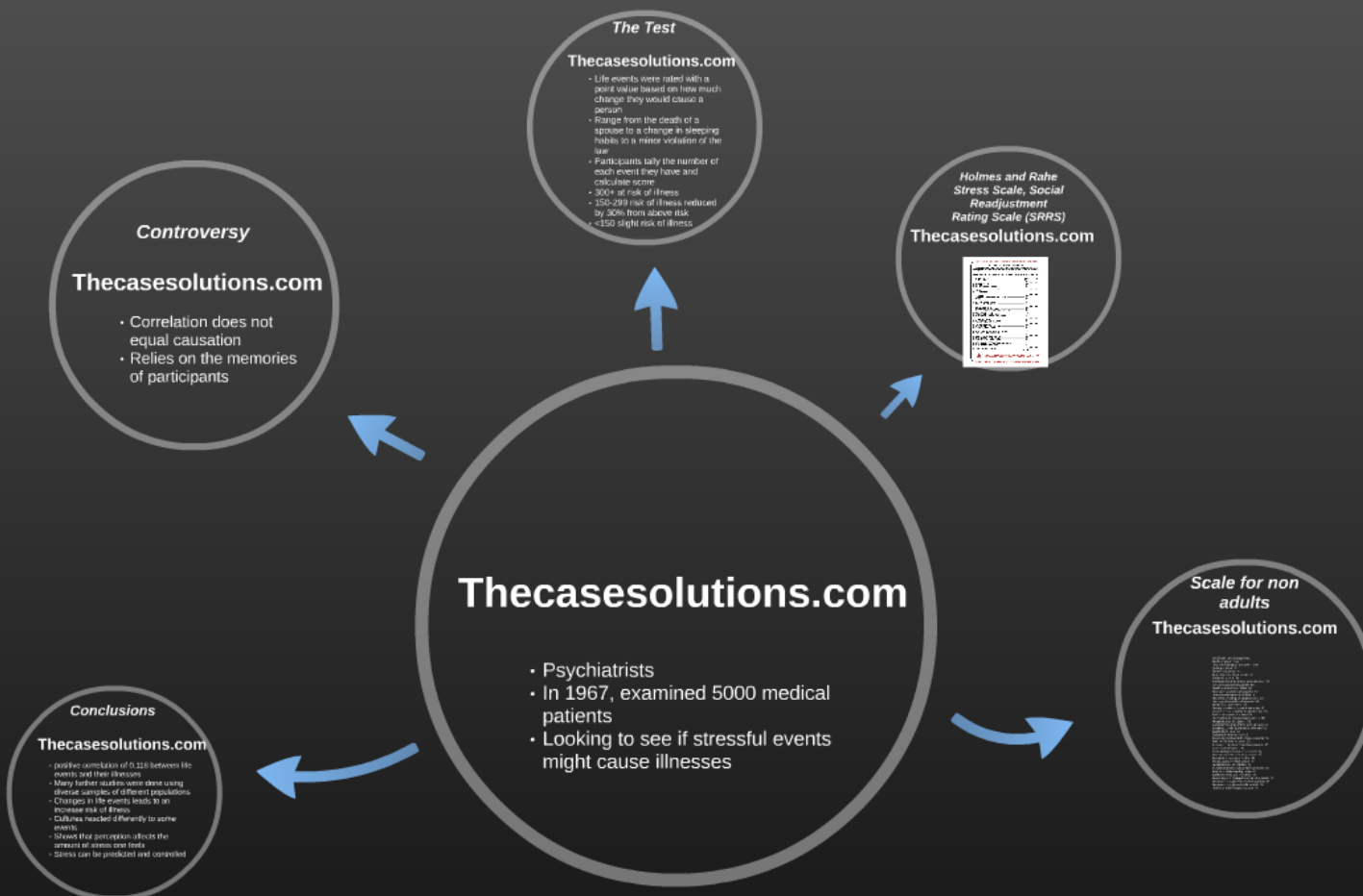
OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

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Scale for non adults

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Life Event Life Change Units
Death of parent 100
Unplanned pregnancy/abortion 100
Getting married 95
Divorce of parents 90
Acquiring a visible deformity 80
Fathering a child 70
Jail sentence of parent for over one year 70
Marital separation of parents 69
Death of a brother or sister 68
Change in acceptance by peers 67
Unplanned pregnancy of sister 64
Discovery of being an adopted child 63
Marriage of parent to stepparent 63
Death of a close friend 63
Having a visible congenital deformity 62
Serious illness requiring hospitalization 58
Failure of a grade in school 56
Not making an extracurricular activity 55
Hospitalization of a parent 55
Jail sentence of parent for over 30 days 53
Breaking up with boyfriend or girlfriend 53
Beginning to date 51
Suspension from school 50
Becoming involved with drugs or alcohol 50
Birth of a brother or sister 50
Increase in arguments between parents 47
Loss of job by parent 46
Outstanding personal achievement 46
Change in parent's financial status 45
Accepted at college of choice 43
Being a senior in high school 42
Hospitalization of a sibling 41
Increased absence of parent from home 38
Brother or sister leaving home 37
Addition of third adult to family 34
Becoming a full fledged member of a church 31
Decrease in arguments between parents 27
Decrease in arguments with parents 26
Mother or father beginning work 26



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