

SCHEDULE OF RECENT EXPERIENCE

Instructions: Think about each possible life event listed below and decide how many times, if at all, each has happened to you within the last year. Write that number in the Number of Times column. (Note that if an event happened more than four times, you would still give it a 4 in that column).

<i>Event</i>	<i>No. of times</i>	<i>X</i>	<i>Mean Value</i>	=	<i>Your Score</i>
1. A lot more or a lot less trouble with the boss.		X	23	=	
2. A major change in sleeping habits (sleeping a lot more or a lot less or a change in time of day when you sleep).		X	16	=	
3. A major change in eating habits (eating a lot more or a lot less or very different meal hours or surroundings).		X	15	=	
4. A revision of personal habits (dress, manners, associations, and so on).		X	24	=	
5. A major change in your usual type or amount of recreation.		X	19	=	
6. A major change in your social activities (e.g. clubs, dancing, movies, visiting, and so on).		X	18	=	
7. A major change in church activities (attending a lot more or a lot less than usual).		X	19	=	
8. A major change in the number of family get togethers (a lot more or a lot fewer than usual).		X	15	=	
9. A major change in your financial state (a lot worse off or a lot better off).		X	38	=	
10. Trouble with in-laws.		X	29	=	
11. A major change in the number of arguments with spouse (a lot more or a lot fewer than usual regarding child rearing, personal habits and so on).		X	35	=	
12. Sexual difficulties.		X	39	=	
13. Major personal injury or illness.		X	53	=	

14. Death of a close family member (other than spouse).		X	63	=	
15. Death of spouse.		X	100	=	
16. Death of a close friend.		X	37	=	
17. Gaining a new family member (through birth, adoption, oldster moving in, and so on).		X	39	=	
18. Major change in the health or behavior of a family.		X	44	=	
19. Change in residence.		X	20	=	
20. Detention in jail or other institution.		X	63	=	
21. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, and so on).		X	11	=	
22. Major business readjustment (merger, reorganization, bankruptcy, and so on).		X	39	=	
23. Marriage.		X	50	=	
24. Divorce.		X	73	=	
25. Marital separation from spouse.		X	65	=	
26. Outstanding personal achievement.		X	28	=	
27. Son or daughter leaving home (marriage, attending college, and so on).		X	29	=	
28. Retirement from work.		X	45	=	
29. Major change in working hours or conditions.		X	20	=	
30. Major change in responsibilities at work (promotion, demotion, lateral transfer).		X	29	=	
31. Being fired from work.		X	47	=	
32. Major change in living conditions (building a new home or remodeling, deterioration of home or neighborhood).		X	25	=	
33. Spouse beginning or ceasing to work outside the		X	26	=	

home.					
34. Taking out a mortgage or loan for a major purchase (purchasing a home or business and so on).		X	31	=	
35. Taking out a loan for a lesser purchase (a car, TV, freezer, and so on).		X	17	=	
36. Foreclosure on a mortgage or loan.		X	30	=	
37. Vacation.		X	13	=	
38. Changing to a new school.		X	20	=	
39. Changing to a different line of work.		X	36	=	
40. Beginning or ceasing formal schooling.		X	26	=	
41. Marital reconciliation with mate.		X	45	=	
42. Pregnancy.		X	40	=	
Your Total Score:					

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Scoring:

- ✓ Multiply the mean value by the number of times an event happened, and enter the result in the Your Score Column.
- ✓ Add up your scores to get your total score and enter it at the bottom of the schedule. (Remember, if an event happened more than four times within the past year, give it a 4 in the Number of Times column. A 4 is the highest number that can be used in the Number of Times column).

The higher your total score, the greater your risk in developing stress-related symptoms or illnesses. Of those with a score of **over 300** for the past year, almost 80% will get sick in the near future. Of those with a score of **200-299**, about 50% will get sick in the near future. Of those with a score of **150 – 199**, about 30% will get sick in the near future. A score of **less than 150** indicates that you a low chance of becoming ill. The higher your score the harder you should work to manage stress and stay well.