

**The Life Change Index**

Read over this list and record the weighted value of each change that has occurred in your life within the last two years. When you complete the scale, return for discussion on how your score may be a predictor of future changes in your health status. If the event occurred more than once in the 2 year period, multiply it out.

Mean Your

No. Life Event Score Score

1. Death of spouse 100
2. Divorce 73
3. Marital Separation from mate 65
4. Detention in jail or other institution 63
5. Death of a close family member 63
6. Major personal injury or illness 53
7. Marriage 50
8. Being fired at work 47
9. Marital reconciliation with mate 45
10. Retirement from work 45
11. Major change in the health or behavior of a family member 44
12. Pregnancy 40
13. Sexual difficulties 39
14. Gaining a new family member (e.g. birth, adoption or older person moving in) 39
15. Major business readjustment (e.g. merger, reorganization or bankruptcy) 39
16. Major change in financial state (e.g. becoming much worse off or much better off than usual) 38
17. Death of a close friend 37
18. Changing to a different line of work 36
19. Major change in the number of arguments with spouse (e.g. either many more or fewer than usual regarding child

rearing or personal habits) 35

1. Taking a mortgage greater than $10,000 (e.g. purchasing

a home or business) 31

1. Foreclosure on a mortgage or loan 30
2. Major change in responsibilities at work (e.g. promotion, demotion or lateral transfer) 29
3. Son or daughter leaving home (e.g. marriage, college, etc.) 29
4. In-law troubles 29
5. Outstanding personal achievement 28
6. Wife beginning or ceasing work outside the home 26
7. Beginning or ceasing formal schooling 26
8. Major change in living conditions (e.g. building a new home,

remodeling or deterioration of home or neighborhood) 25

1. Revision of personal habits (dress, manners or associations) 24
2. Troubles with the boss 23
3. Major change in working hours or conditions 20
4. Change in residence 20
5. Changing to a new school 20
6. Major change in usual type and/or amount of recreation 19
7. Major change in church activities (e.g. many more or few

than usual) 19

1. Major change in social activities (e.g. clubs, dancing,

movies or visiting) 18

1. Taking on a mortgage or loan less than $10,000 (e.g.

purchase a car, TV or freezer) 17

1. Major change in sleep habits (much more or much less

sleep or different sleep hours) 16

1. Major change in number of family get-togethers (e.g. many

more or fewer than usual) 15

1. Major change in eating habits (much greater or lesser food

intake or very different meal hours or surroundings) 15

1. Vacation 13
2. Christmas 12
3. Minor violation of the law (e.g. traffic tickets, jay-walking

or disturbing the peace) 11

Score Chance of Illness or Injury Your Level of Resistance

150-199 Low (9-33%) High Resistance

200-299 Moderate (30-52%) Borderline Resistance

300 or more High (50-86%) Low Resistance - High Vulnerability

*by Dr. Thomas H. Holmes*

(*The Social Readjustment Rating Scale*)