

Life Change Index

Below is a "Life Changes Index Scale" developed by Drs. Thomas Holmes and Richard Rahe. They believe that the experience of normal change in a person's life--including joyful experiences such as marriage--can be seen as an experience of stress. The degree of stress can be related to the intensity or symbolic significance of the experience, the unexpectedness of the event, or the anticipation of the change, and will vary from individual to individual. In our culture, change (and therefore stress) is an inevitable aspect of normal adult development.

Not all stress items are negative. Some are highly enjoyable, such as vacations or the birth of a child. But life changes totaling 150-200 on the scale within a three to six month period produced an illness in 37% of test subjects. Almost 80% who scored 300 or more became ill.

If an event has been true for you in the past year or will occur in the near future, circle the point value to the right of the event. If an event has occurred but is not listed, add it at the bottom and assign a point value in line with similar events on the list. Then total the points.

Death of Spouse/ Partner	100	Son or Daughter Leaving, Home	29
Divorce	73	Trouble with In-Laws	29
Separation from Spouse/ Partner	65	Outstanding Personal Achievement	28
Jail Term	63	Spouse/ Partner Begins or Stops Work	26
Death of Close Family Member	63	Begin or End School	26
Personal Injury or Illness	53	Change in Living Conditions	25
Marriage/ Commitment to a Partner	50	Revision of Personal Habits	24
Fired at Work	47	Trouble with Boss	23
Reconciliation with Partner/ Spouse	45	Change in Work Hours or Conditions	20
Retirement	45	Change in Residence	20
Change in Health of Family Member	44	Change in Schools	20
Pregnancy	40	Change in Recreation	19
Sex Difficulties	39	Change in Church Activities	19
Gain of New Family Member	39	Change in Social Activities	18
Business Readjustment	39	Mortgage or Loan Less than \$30,000	17
Change in Financial State	38	Change in Sleeping Habits	16
Death of Close Friend	37	Change in Eating Habits	15
Change to Different Line of Work	36	Change in Number of Family Get-Togethers	15
Change in Number of Arguments with Spouse/ Partner	35	Vacation	13
Mortgage over \$100,000	31	Christmas alone	12
Foreclosure of mortgage or Loan	30	Minor Violations of the Law	11
Change in Responsibilities at Work	29		

Total of both columns

Life Change Index Scale ranks life events in descending order; highest values require the greatest adaptation and are most likely to trigger illness.

Life Index

Below is a list of feelings and complaints that people sometimes have. Read each one carefully and select the number that best describes your feelings, recently and today.

- 0 Not at all
- 1 A little bit
- 2 Moderately
- 3 Quite a bit
- 4 Extremely

- _____ 1. Nervousness or shakiness inside
- _____ 2. Repeated unpleasant thoughts that won't leave your mind
- _____ 3. Loss of sexual interest or pleasure
- _____ 4. Feeling critical of others
- _____ 5. Feeling exuberant and enthusiastic
- _____ 6. The idea that someone can control your thoughts
- _____ 7. Feeling others are to blame for most of your troubles
- _____ 8. Trouble remembering things
- _____ 9. Feeling easily annoyed or irritated
- _____ 10. Feeling afraid in open spaces on the streets or out of the house
- _____ 11. Feeling your goals and aims are clear in life
- _____ 12. Thoughts of ending your life
- _____ 13. Hearing voices that other people do not hear
- _____ 14. Crying easily
- _____ 15. Feeling shy or uneasy with the opposite sex
- _____ 16. Feeling of being trapped or caught
- _____ 17. Feeling your ability to find a meaning purpose or mission in life is very great
- _____ 18. Temper outbursts that you could not control
- _____ 19. Blaming yourself for things
- _____ 20. Feeling blocked in getting things done
- _____ 21. Feeling lonely
- _____ 22. Feeling "blue" or depressed
- _____ 23. Facing daily tasks is a source of pleasure
- _____ 24. Worrying too much about things
- _____ 25. Feeling no interest in things
- _____ 26. Feeling fearful
- _____ 27. Your feelings being easily hurt
- _____ 28. Other people being aware of your private thoughts