

Elaine Dembe's Wellness Article Series

Holmes Rahe Stress Scale, Non-Adult

A modified scale has also been developed for non-adults. Similar to the adult scale, stress points for life events in the past year are added and compared to the rough estimate of how stress affects health.

Life Event	Life Change Units	Life Event	Life Change Units
Getting married	101	Jail sentence of parent for over 30 days	53
Unwed pregnancy	92	Breaking up with boyfriend or girlfriend	53
Death of parent	87	Beginning to date	51
Acquiring a visible deformity	81	Suspension from school	50
Divorce of parents	77	Birth of a brother or sister	50
Fathering an unwed pregnancy	77	Increase in arguments between parents	47
Becoming involved with drugs or alcohol	76	Loss of job by parent	46
Jail sentence of parent for over one year	75	Outstanding personal achievement	46
Marital separation of parents	69	Change in parent's financial status	45
Death of a brother or sister	68	Accepted at college of choice	43
Change in acceptance by peers	67	Being a senior in high school	42
Pregnancy of unwed sister	64	Hospitalization of a sibling	41
Discovery of being an adopted child	63	Increased absence of parent from home	38
Marriage of parent to stepparent	63	Brother or sister leaving home	37
Death of a close friend	63	Addition of third adult to family	34

Having a visible congenital deformity	62	Becoming a full fledged member of a church	31
Serious illness requiring hospitalization	58	Decrease in arguments between parents	27
Failure of a grade in school	56	Decrease in arguments with parents	26
Not making an extracurricular activity	55	Mother or father beginning work	26
Hospitalization of a parent	55		

Score of 300+: At risk of illness.

Score of 150-299+: Risk of illness is moderate. (reduced by 30% from the above risk)

Score 150-: Slight risk of illness.

Dr. Elaine Dembe

200 St. Clair Avenue West, Suite 308

Toronto, Ontario, M4V 1R1

Tel: 416-960-5353

Fax: 416-960-0193

www.elainedembe.com

dr.elainedembe@rogers.com