

## Module 7: Motivation, Emotion, and Stress

### Topic 3 Application: Holmes and Rahe Stress Scale for Non-Adults (Youth)

#### Scale

Mark the events that have happened to you in the past twelve months. Then, add up the numbers on the right side of the events you selected.

1	Unwed pregnancy	100
2	Death of parent	100
3	Getting married	95
4	Divorce of parents	90
5	Acquiring a visible deformity	80
6	Fathering an unwed pregnancy	70
7	Jail sentence of parent for over one year	70
8	Marital separation of parents	69
9	Death of a brother or sister	68
10	Change in acceptance by peers	67
11	Pregnancy of unwed sister	64
12	Discovery of being an adopted child	63
13	Marriage of parent to stepparent	63
14	Death of a close friend	63
15	Having a visible congenital deformity	62
16	Serious illness requiring hospitalization	58
17	Failure of a grade in school	56
18	Not making an extracurricular activity	55
19	Hospitalization of a parent	55
20	Jail sentence of parent for over 30 days	53
21	Breaking up with boyfriend or girlfriend	53
22	Beginning to date	51
23	Becoming involved with drugs or alcohol	50
24	Suspension from school	50
25	Birth of a brother or sister	50

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26	Increase in arguments between parents	47
27	Loss of job by parent	46
28	Outstanding personal achievement	46
29	Change in parent's financial status	45
30	Accepted at college of choice	43
31	Being a senior in high school	42
32	Hospitalization of a sibling	41
33	Increased absence of parent from home	38
34	Brother or sister leaving home	37
35	Addition of third adult to family	34
36	Becoming a full-fledged member of a church	31
37	Decrease in arguments between parents	27
38	Decrease in arguments with parents	26
39	Mother or father beginning work	26

Total Score: \_\_\_\_\_

### Score

After you have added up your total score, take a moment to read what that indicates to your life.

#### 150 or Less

A total score of 150 or less in your stress test is a good result. It suggests that you have a low level of stress in your life, and a low probability (about 30%) of developing a stress-related illness in the near future.

#### 150 to 299

A total score of 150 to 299 puts you at moderate risk of illness. Your statistical chance of developing a stress-related disorder in the near future is about 50%.

#### 300 or More

A total score of 300 or more suggests you are probably at risk of illness. You have almost an 80% statistical chance of developing a stress-related disorder in the near future.