



# EVOLUTIONARY HEALING INSTITUTE

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## ~ STRESS EVALUATION QUESTIONNAIRE ~

DATE \_\_\_\_\_

DOB \_\_\_\_\_

CLIENT NAME LAST \_\_\_\_\_ FIRST \_\_\_\_\_ MI \_\_\_\_\_

### Social Readjustment Rating Scale

Stress is cumulative, so to estimate the total stress you are experiencing, circle Yes or No and add up the values corresponding to the **events that have occurred in your life over the past year.**

If a particular event has happened to you more than once within the last 12 months, multiply the value by the number of occurrences.

Life event	Answer	Life change units	Points
Death of a spouse	Yes No	100	
Divorce	Yes No	73	
Marital separation	Yes No	65	
Imprisonment	Yes No	63	
Death of a close family member	Yes No	63	
Personal injury or illness	Yes No	53	
Marriage	Yes No	50	
Dismissal from work	Yes No	47	
Marital reconciliation	Yes No	45	
Retirement	Yes No	45	
Change in health of family member	Yes No	44	
Pregnancy	Yes No	40	
Sexual difficulties	Yes No	39	
Gain a new family member	Yes No	39	
Business readjustment	Yes No	39	
Change in financial state	Yes No	38	
Death of a close friend	Yes No	37	
Change to different line of work	Yes No	36	
Change in frequency of arguments	Yes No	35	
Mortgage or Loan over \$100,000	Yes No	32	
Foreclosure of mortgage or loan	Yes No	30	
Change in responsibilities at work	Yes No	29	

Life event	Answer	Life change units	Points
Child leaving home	Yes No	29	
Trouble with in-laws	Yes No	29	
Outstanding personal achievement	Yes No	28	
Spouse starts or stops work	Yes No	26	
Begin or end school	Yes No	26	
Change in living conditions	Yes No	25	
Revision of personal habits	Yes No	24	
Trouble with boss	Yes No	23	
Change in working hours or conditions	Yes No	20	
Change in residence	Yes No	20	
Change in schools	Yes No	20	
Change in recreation	Yes No	19	
Change in church activities	Yes No	19	
Change in social activities	Yes No	18	
Minor mortgage or loan	Yes No	17	
Change in sleeping habits	Yes No	16	
Change in number of family reunions	Yes No	15	
Change in eating habits	Yes No	15	
Vacation	Yes No	13	
Christmas	Yes No	12	
Minor violation of law	Yes No	11	

**TOTAL POINTS:** \_\_\_\_\_

**Score 150 or less:** 37% chance of illness within the next 2 years.

**Score of 150-299:** 50% chance of illness within the next 2 years.

**Score of 300 or above:** 80% chance of illness within the next 2 years.