

Social Readjustment Rating Scale

Life Event	Mean Value
Death of Spouse (Significant Other)	100
Divorce	73
Marital Separation	65
Jail Term	63
Death of Close Family Member	63
Personal Injury or Illness	53
Marriage	50
Fired at Work	47
Marital Reconciliation	45
Retirement	45
Change in Health of Family Member	44
Pregnancy	40
Sex Difficulties	39
Gain New Family Member	39
Business Readjustment	39
Change in Financial State	38
Death of a Close Friend	37
Change to Different Line of Work	36
Change in Number of Arguments with Spouse	35
Mortgage or Loan for Major Purchase (home. etc.)	31
Foreclosure of Mortgage or Loan	30
Change in Responsibilities at Work	29
Son or Daughter Leaving Home	29
Trouble with In-Laws	29
Outstanding Personal Achievement	28
Spouse Begins or Stops Work	26
Begin or End School	26
Change in Living Conditions	25
Revision of Personal Habits	24
Trouble with Boss	23
Change in Work Hours or Conditions	20
Change in Residence	20
Change in Schools	20
Change in Recreation	19
Change in Church Activities	19
Change in Social Activities	18
Mortgage or Loan for Lesser Purchase (car, tv,etc.)	17
Change in Sleeping Habits	16
Change in Number of Family Get-Togethers	15
Change in Eating Habits	15
Vacation	13
Christmas	12
Minor Violations of the Law	11