

**THE LIFE CHANGE TEST  
 HOW MUCH STRESS IS IN YOUR LIFE**

Thomas H. Holmes, a pioneering researcher in the field of stress-related illnesses at the University of Washington in Seattle, has designed a written test developed to predict your chances of getting sick in the near future in relation to the amount of stress in your life.

*Score yourself on this life change test. Check only those events which you have experienced in the past year.*

ITEM VALUE	HAPPENED ( )	YOUR SCORE	LIFE EVENT
100	_____	_____	Death of spouse
73	_____	_____	Divorce
65	_____	_____	Marital separation
63	_____	_____	Jail term
63	_____	_____	Death of close family member
53	_____	_____	Personal injury or illness
50	_____	_____	Marriage
47	_____	_____	Fired at Work
45	_____	_____	Marital Reconciliation
45	_____	_____	Retirement
44	_____	_____	Change in health of family member
40	_____	_____	Pregnancy
39	_____	_____	Sex difficulties
39	_____	_____	Gain of new family member
39	_____	_____	Business readjustment
38	_____	_____	Change in financial state
37	_____	_____	Death of close friend
36	_____	_____	Change to different line of work
35	_____	_____	Change in number of arguments w/spouse
31	_____	_____	Mortgage over \$10,000
30	_____	_____	Foreclosure of mortgage or loan

29	_____	_____	Change in work responsibilities
29	_____	_____	Son or daughter leaving home
29	_____	_____	Trouble with in-laws
28	_____	_____	Outstanding personal achievement
26	_____	_____	Spouse begins or stops work
26	_____	_____	Begin or end school Change in living
25	_____	_____	conditions
24	_____	_____	Revision of personal habits
23	_____	_____	Trouble with boss
20	_____	_____	Change in work hours or condition
20	_____	_____	Change in residence
20	_____	_____	Change in schools
19	_____	_____	Change in recreation
19	_____	_____	Change in church activities
18	_____	_____	Change in social activities
17	_____	_____	Mortgage or loan less than \$10,000
16	_____	_____	Change in sleeping habits
15	_____	_____	Change in # of family get-togethers
15	_____	_____	Change in eating habits
13	_____	_____	Vacation
12	_____	_____	Christmas
11	_____	_____	Minor violations of the law

TOTAL SCORE FOR 12 MONTHS \_\_\_\_\_

The more change you have, the more likely, according to Holmes, you will suffer a decline in health. Of those who scored over 300 life change units, 80% have a chance of a serious health change; with 159-299 life change units, about 50% get sick in the near future; with less than 150 life change units, about 30% get sick in the near future.