

Social Readjustment Rating Scale (SRRS)

About: This scale is an inventory of the most common life stressors.

Items: 43

Reliability:

Gerst et al. (1978) tested the reliability of the SRRS, and found that rank ordering remained extremely consistent both for healthy adults ($r = 0.96 - 0.89$) and patients ($r = 0.91$ to 0.70).

Validity:

Holmes and Rahe (1967) found a positive correlation (+0.118) between Life Change scores and illness scores.

Scoring:

It is difficult to interpret the score because of the differences in individual coping abilities. However, there are some general guidelines to scoring.

A total score of **150 or less** suggests a low level of stress, and a low probability of developing a stress-related disorder. A total score of **150 to 299** suggests a moderate level of stress, and the chances of developing a stress-related disorder are about 50%. A total score of **300 or more** suggests a high level of stress, and the chances of developing a stress-related disorder are about 80%.

References:

- Holmes, T. H. & Rahe, R. H. (1967). [The social readjustment rating scale.](#) *Journal of Psychosomatic Research*, 11(2), 213-221.
- Gerst, M. S., Grant, I., Yager, J., Sweetwood, H. (1978). [The reliability of the social readjustment rating scale: Moderate and long-term stability.](#) *Journal of Psychosomatic Research*, 22(6), 519–523.

Social Readjustment Rating Scale

Directions: If an event mentioned has occurred in the past year, or is expected in the near future, copy the number in the score column. If the event has occurred or is expected to occur more than once, multiple this number by the frequency of the event.

Impact score	My score
Death of spouse	100
Divorce	76
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
Business readjustment	39
Gain of a new family member	39
Change in financial state	38
Death of a close friend	37
Change to a different line of work	36
Change in number of arguments w/ spouse	35
Mortgage over \$20,000	31
Foreclosure of mortgage or loan	30
Change in responsibilities at work	29

	Impact score	My score
Son or daughter leaving home	29	
Trouble with in laws	29	
Outstanding personal achievement	28	
Spouse begins or stop work	26	
Begin or end school	26	
Change in living conditions	25	
Revisions 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 recreations	19	
Change in church activities	19	
Change in social activities	19	
Mortgage or loan less than \$20,000	17	
Change in sleeping habits	16	
Change in number of family get-togethers	15	
Change in eating habits	15	
Vacation	13	
Christmas approaching	12	
Minor violation of the law	11	
<u>TOTAL SCORE:</u>		