

Stress Adjustment Scale

In 1967, Dr. Thomas H. Holmes and Dr. Richard H. Rahe created a now famous do-it-yourself stress test. Their research of stress led them to develop of a scale that measured units of *Life Changes* (LCU). According to their studies, by adding the LCU values over a one year period, you can predict the likelihood of stress related illness or accident. This version has been modified for overseas personnel by C.W. Brister, and updated by Rick Bates.

| Rank | Life Events <i>(Over the past 12 month period)</i> | Unit Value | # of Occurrences |
|-------------------|---|-------------------|-------------------------|
| 1 | Death of spouse/child, accompanying grief and adaptation | 100 | ___ |
| 2 | Divorce, accompanying adjustment and adaptation | 90 | ___ |
| 3 | Moving into new culture, adaptation and /or shock | 80 | ___ |
| 4 | Major interpersonal conflict without resolution | 75 | ___ |
| 5 | Death of close family member | 65 | ___ |
| 6 | Marital separation | 65 | ___ |
| 7 | Personal injury, illness, surgery (e.g. limited health resources) | 60 | ___ |
| 8 | Threats to family, detained by police or government | 58 | ___ |
| 9 | Critical, bureaucratic government restrictions | 55 | ___ |
| 10 | Dismissed from job (e.g. at request of nationals or colleagues) | 50 | ___ |
| 11 | Major readjustments in life (e.g. disaster, shortages of fuel/food) | 48 | ___ |
| 12 | Life transitions (e.g. begin M work, retirement) | 45 | ___ |
| 13 | Philosophical differences in work (e.g. with GCC or nationals) | 45 | ___ |
| 14 | Major change in your health or a family member's | 44 | ___ |
| 15 | Ethical failure of family member | 40 | ___ |
| 16 | Sex difficulties (e.g. unwanted pregnancy) | 39 | ___ |
| 17 | Gain of new family member | 39 | ___ |
| 18 | Change in financial state (e.g. currency devaluation) | 38 | ___ |
| 19 | Death of close friend | 37 | ___ |
| 20 | Change of job assignment (e.g. requested by leadership) | 36 | ___ |
| 21 | Suppression of human rights | 35 | ___ |
| 22 | Major indebtedness or mortgage over \$50,000 | 32 | ___ |
| 23 | Siege mentality (e.g. blockade, travel restrictions) | 30 | ___ |
| 24 | Unreasonable demands by nationals (e.g. work changes) | 30 | ___ |
| 25 | Conflict situations caused by personal vulnerability | 30 | ___ |
| 26 | Trouble with one's children or in-laws | 29 | ___ |
| 27 | Outstanding personal achievement | 28 | ___ |
| 28 | Stateside assignment planning | 26 | ___ |
| 29 | Begin or end school | 26 | ___ |
| 30 | Change in living conditions (e.g. theft, new maid, family visit) | 25 | ___ |
| 31 | Change of personal habits | 24 | ___ |
| 32 | Trouble with supervisor (e.g. work guidelines) | 23 | ___ |
| 33 | Misassignment of volunteers/journeymen/ISC to team | 20 | ___ |
| 34 | Inadequate training for new team personnel | 20 | ___ |
| 35 | Ineffective leadership from nationals (e.g. no vision) | 20 | ___ |
| 36 | Intransigence of M programs (e.g. new emphasis) | 19 | ___ |
| 37 | Too many jobs/failure to achieve satisfaction | 18 | ___ |
| 38 | Pulled between nationals (e.g. Arab-Israeli) | 18 | ___ |
| 39 | Threat of attack, war | 17 | ___ |
| 40 | Betrayal of trust (e.g. disappointment with nationals) | 15 | ___ |
| 41 | Accident, minor violation of law | 15 | ___ |
| 42 | Vacation, major holiday celebrated (e.g. Christmas) | 10 | ___ |
| Total LCUs | | | ___ |

Total LCUs **below 200** = 35% chance of illness or accident within 2 years

Total LCUs between **200 - 400** = 51% chance of illness or accident

Total LCUs **over 400** = 80% chance of illness or accident

When total is over 400, you are susceptible to more illness, fatigue, and emotional reactions, so:

Make adjustments, deepen spirituality, take care of yourself, and get help as needed.