

Is My Stress Level Harmful?

STRESS AND THE CHANGE IN YOUR LIFE

The College Readjustment Rating Scale was adapted from the Holmes and Rahe's Life Events Scale by Rutgers University, Health Services. It was modified for college age adults and should be considered as a rough indication of stress levels that can have possible health consequences.

Event	Points
Death of spouse	100
Female unwed pregnancy	92
Death of a parent	80
Male partner in unwed pregnancy	77
Divorce	73
Death of a close family member	70
Death of a close friend	65
Divorce between parents	63
Jail term	61
Major personal injury or illness	60
Marriage	55
Fired from a job	50
Loss of financial support from college	48
Failing grade in important or required class	47
Sexual difficulties	45
Serious argument with significant other	40
Academic probation	39
Change in major	37
New love interest	36
Increased workload from college	31
Outstanding personal achievement	29
First term in college	28
Serious conflict with instructor	27
Lower than expected grades	25
Change in college (transfer)	24
Change in social activities	22
Change in sleeping habits	21
Change in eating habits	19
Minor violations of the law (e.g. traffic ticket)	15
Total:	

SCORING KEY:

Each event, such as a student's first term in college, is assigned a value that represents the amount of readjustment a person has to make as a result. To determine your stress score, circle the number of points corresponding to the events you have experienced in the past six months or are likely to experience in the next three months. Then, add up the circled numbers and record your total score in the total column.

- ✘ Students with scores of 300 and higher have a high health risk and might consider seeking professional assistance to manage their stress.
- ✘ Students scoring between 150 and 300 have a 50/50 chance of serious health change within two years and may want to do frequent stress self-checks to be certain they are coping as well as they think they are.
- ✘ Students scoring below 150 have a 1 in 3 chance of a serious health change, but should still consider stress reduction activities.

Adapted from: Handling Irrational Beliefs. Accessed September 14, 2011, from <http://www.livestrong.com/article/14728-handling-irrational0beliefs/>