

Miller/Rahe Stress Inventory 1997

Circle the number to the right of each stressor (Risk Factor) that is currently part of your thinking (worry) process. When finished, total up the numbers circled. See instructions at bottom left.

Life change event	LCU
Financial	
Major change in finances:	
decreased income	60
Foreclosure on a mortgage or loan	58
investment and/or credit difficulties	56
Loss or damage of personal property	43
increased income	38
Major purchase	37
Moderate purchase	20
Home and family	
Major change in living conditions	42
Change in residence:	
Pregnancy	67
Miscarriage or abortion	65
Major change in health or behavior of family member	55
Marriage	50
move outside the same town or city	47
move within the same town or city	25
Change in family get-togethers	25
Gain of a new family member:	
birth of a child	66
adoption of a child	65
a relative moving in with you	59
Spouse beginning or ending work	46
Child leaving home:	
Change in arguments with spouse	50
for other reasons	45
to attend college	41
due to marriage	41
In-law problems	38
Change in the marital status of your parents:	
divorce	59
remarriage	50
Separation from spouse:	
Death of spouse	119
Divorce	96
due to marital problems	76
due to work	53
Birth of grandchild	43
Death of other family member:	
child	123
brother or sister	102
parent	100
Health	
An injury or illness which:	
kept you in bed a week or more, or sent you to the hospital	74
was less serious than above	44
Major change in your usual type and/or amount of recreation	28
Major change in eating habits	27
Major dental work	26
Major change in sleeping habits	26

Life change event	LCU
Personal and social	
Being held in jail	75
Death of a close friend	70
Major decision regarding your immediate future	51
An accident	48
"Falling out" of a close personal relationship	47
Engagement to marry	45
Girlfriend or boyfriend problems	39
Beginning or ending school or college	38
New, close, personal relationship	37
Major personal achievement	36
Change of school or college	35
Change in religious beliefs	29
Change in social activities	27
Change in personal habits	26
Change in political beliefs	24
Vacation	24
Minor violation of the law	20
Work	
Change to a new type of work	51
Change in your work hours or conditions	35
Change in your responsibilities at work:	
demotion	42
transfer	32
promotion	31
more responsibilities	29
fewer responsibilities	21
Troubles at work:	
Major business adjustment	60
Retirement	52
with coworkers	35
with persons under your supervision	35
with your boss	29
other work troubles	28
Loss of job:	
fired from work	79
laid off from work	68
Correspondence course to help you in your work	18

Source: M.A Miller and R. H. Rahe. Life Changes in the 1990's, *Journal of Psychosomatic Research* 43:279, 1997

Six month totals equal to or greater than 300 LCU, or 1 year totals equal to or greater than 500 LCU are considered indicative of high recent life stress.

Tell your supervisor or your Chaplain if you have a high score. Let them know if it is raising your stress higher than you are able to cope. If you are getting easily angry or depressed, you are not handling it well. See your Chaplain.