Add the score for all items applying to you in the past 2 years. The result is a predictor of the % chance of hospitalization in the next year: below 150-10%, between 150 & 300-50%, over 300-90%. (Journal of Psychosomatic Research 11:213-213, 1967)

RANK	LIFE EVENT	MEAN VALUE
1	Death of Spouse	100
2	Divorce	73
3	Marital Separation	65
4	Jail Term	63
5	Death of close family member	63
6	Personal injury or illness	53
7	Marriage	50
8	Fired at work	47
9	Marital reconciliation	45
10	Retirement	45
11	Change in health of family member	44
12	Pregnancy	40
13	Sex difficulties	39
14	Gain of new family member	39
15	Business readjustment	39
16	Change in financial state	38
17	Death of close friend	37
18	Change to different line of work	36
20	Mortgage	31
21	Foreclosure of mortgage or loan	30
22	Change in responsibilities at work	29
23	Son or daughter leaving home	29
24	Trouble with in-laws	29
26	Wife begin or stop work	26
27	Begin or end school	26
28	Change in living conditions	25
30	Trouble with boss	23
31	Change in work hours or conditions	20
32	Change in residence	20
33	Change in schools	20
35	Change in church activities	19
36	Change in social activities	18
38	Change in sleeping habits	16
40	Change in eating habits	15
41	Vacation	13
42	Christmas	12
43	Minor violations of the law	11