

SHIFTING GEARS™

For

Ohio University



23240 Chagrin Blvd. • Suite 500 • Beachwood, Ohio 44122-5456

Call: 216/292-6007 • Fax: 216/292-7352

www.myimpactsolution.com

1-800-227-6007

© 2009 by IMPACT Solutions
All rights reserved. This document may
not be reproduced or
duplicated in whole or in part by any
means whatsoever without prior written
authorization

Vulnerability To Stress

Instructions: Determine how often the statement applies to you. Use the following scoring guide to rate each item:

1 Almost Always 2 Often 3 Sometimes 4 Rarely 5 Never

1. ___ I eat at least one hot, balanced meal a day.
2. ___ I get seven to eight hours of sleep at least four nights a week.
3. ___ I give and receive affection regularly.
4. ___ I have at least one relative within 50 miles on whom I can rely.
5. ___ I exercise to the point of perspiration at least twice a week.
6. ___ I smoke less than half a pack of cigarettes a day.
7. ___ I take fewer than five alcoholic drinks a week.
8. ___ I am the appropriate weight for my height.
9. ___ I have an income adequate to meet basic expenses.
10. ___ I get strength from my religious beliefs.
11. ___ I regularly attend club or social activities.
12. ___ I have a network of friends and acquaintances.
13. ___ I have one or more friends to confide in about personal matters.
14. ___ I am in good health (including eyesight, hearing, and teeth).
15. ___ I am able to speak openly about my feelings when angry or worried.
16. ___ I have regular conversations with the people I live with about domestic problems (chores or daily living issues).
17. ___ I do something for fun at least once a week.
18. ___ I am able to organize my time effectively.
19. ___ I drink fewer than three cups of coffee, tea or cola a day.
20. ___ I take quiet time for myself during the day.

_____ TOTAL POINTS

To determine your total points, add up your ratings for all items. (NOTE: if you do not smoke or drink, you may give yourself 0 on items number 6 and 7.)

Score

- | | |
|-------|--|
| 30 + | Any number over 30 indicates vulnerability to stress |
| 40-59 | Serious vulnerability to stress |
| 60+ | Extreme vulnerability to stress |

Test Your Support Network

Circle one response for each item. Then add the scores next to each item you circled and put the total below.

- 1. At work, how many persons do you talk to about a job hassle?**
 - none (or not employed) (0)
 - one or two (3)
 - two or three (4)
 - four or more (5)

- 2. How many neighbors do you trade favors with (loan tools or household items, share rides, babysitting, etc.)?**
 - none (0)
 - one (1)
 - two or three (2)
 - four or more (3)

- 3. Do you have a spouse or partner?**
 - no (0)
 - several different partners (2)
 - one steady partner (6)
 - married or living with someone (10)

- 4. How often do friends and close family members visit you at home?**
 - rarely (0)
 - about once a month (1)
 - several times a month (4)
 - once a week or more (8)

- 5. How many friends or family members do you talk to about personal matters?**
 - none (0)
 - one or two (6)
 - three to five (8)
 - six or more (10)

- 6. How often do you participate in a social, community or sports group?**
 - rarely (0)
 - about once a month (1)
 - several times a month (2)
 - once a week or more (4)

Support Total _____

If your Support Network score is:

Less than 15: Your support network has low strength and probably does not provide much support. You need to consider making more social contacts.

15-29: Your support network has moderate strength and likely provides enough support except during periods of high stress.

30 or more: Your support network has high strength and it will likely maintain your well-being, even during periods of stress.

The Holmes Social Readjustment Scale

The Stress of Adjusting to Change

Rank	Event (occurred in the last 12 months)	Value	Your Points
1.	Death of spouse	100	_____
2.	Divorce	73	_____
3.	Marital separation	65	_____
4.	Jail term	63	_____
5.	Death of a close family member	63	_____
6.	Personal injury or severe illness	53	_____
7.	Marriage	50	_____
8.	Fired at work	47	_____
9.	Marital reconciliation	45	_____
10.	Retirement	45	_____
11.	Change in health of close family member	44	_____
12.	Pregnancy	40	_____
13.	Sex difficulties	39	_____
14.	Gain of a new family member	39	_____
15.	Business readjustment	39	_____
16.	Change in finances	38	_____
17.	Death of a close friend	37	_____
18.	Change to different school	36	_____
19.	Change in number of arguments with spouse	35	_____
20.	Home mortgage or loan for more than \$50,000	31	_____
21.	Loan foreclosure or pressure of bills	30	_____
22.	Change in responsibilities at work or school	29	_____
23.	Son or daughter leaving home (marriage, attending school)	29	_____
24.	Trouble with in-laws	29	_____
25.	Outstanding personal achievement	28	_____
26.	Spouse begin or stop work	26	_____
27.	Begin or end school	26	_____
28.	Change personal habits (smoking, drinking, etc.)	24	_____
29.	Trouble with boss or school instructors	23	_____
30.	Change in work or social hours	20	_____
31.	Change in residence	20	_____
32.	Change in schools	20	_____
33.	Change in recreation	19	_____
34.	Change in social activities	18	_____
35.	Change in church activities	18	_____
36.	Mortgage or loan for less than \$50,000	17	_____
37.	Change in sleeping habits	16	_____
38.	Change in number of family get-togethers	15	_____
39.	Change in eating habits	15	_____
40.	Vacation	13	_____
41.	Christmas/Holiday season	12	_____
42.	Minor violations of the law	11	_____

Scoring for the Scale

150-199 life change units = Low Stress.

You have a 30% chance of developing a stress-related illness in the next year.

200-299 life change units = Moderate Stress.

You have a 50% chance of illness in the next year.

300+ life change units - High Stress.

You are very likely (90% chance) to suffer stress-related illness in the next year.

With Low and Moderate Stress, the person may not become ill in the next year through active participation in a stress reduction and wellness program.

Adapted from Holmes, T.H. and Rahe, R.H.: The Social Readjustment Rating Scale, Journal of Psychosomatic Research 11:213-218, 1967, Pergammon Press, Ltd