A score of 300+: 80% chance of illness

However, correlations between life events and specific illness tend to be low.

Conclusion: Any life change, whether desirable (e.g. holiday) or undesirable (e.g. deal of a family member) can be stressful and can put you at risk of physical and/or mental illness if enough are experienced.

Valid

Other Research Evidence
A number of studies have used the SRRS. A study by Rahe (1970) used the SRRS to measure life events and illness. The sample was 2,684 Naval crew who assessed life events prior to deployments and measured illness on board. They showed positive correlations between stressful life events and illness.

Karen Raphael (1991) tested this by asking a group of women to report on the life events they experience in a series of monthly interviews.

At the end of the 10-month period, they were asked to recall again what had happened to them and only a quarter of events appeared on both lists.

The researchers suggest that the checklist approach advocated by Homes and Rahe should not be used when looking at the relationship for health outcomes, as there are too many factors involved and too many issues with the method (such as social desirability bias).

Instead suggest that a more detailed interview method should be used, although they recognise that this is a less economical approach as research would take longer and become difficult to analyse.

Cultural Differences and Bias
As the scale was developed in the USA it is possible that different cultural groups might react differently to different life events.

Chinese participants rated the death of a close family member as more stressful than divorce, whereas, the original SRRS they are the other way around.

Perhaps life events seen as stressful by one cultural group are not perceived in the same way like other due to the difference in cultural beliefs and expectations – scale has a culture bias.

Hardy personalities will be able to better cope with stressful situations.

Conclusion: Holmes and Rahe’s scale may not be entirely accurate for all cultures, there is still a link of life changes causing stress-related illnesses. Therefore, there could be coping strategies to help overcome stressful situations, such as bereavement by counselling etc.