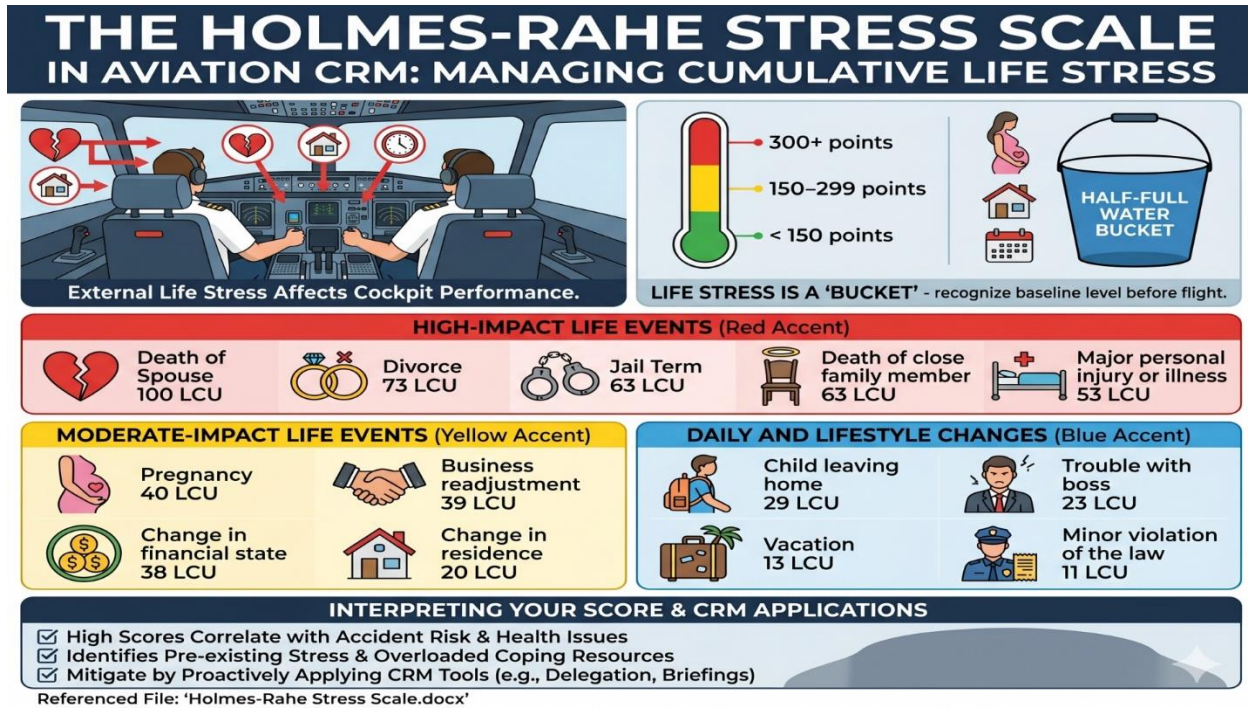


## Holmes-Rahe Stress Scale



### Introduction

The Holmes-Rahe Stress Scale, also known as the Social Readjustment Rating Scale (SRRS), is a foundational psychological tool used in aviation Crew Resource Management (CRM) to help flight crews quantify the cumulative stress of life events.

In high-stakes environments like a cockpit, "external" life stress can significantly degrade cognitive performance, situational awareness, and decision-making, directly impacting flight safety.

### Role in Aviation CRM Training

CRM training aims to improve crew performance by focusing on human factors. The Holmes-Rahe Scale is integrated into CRM to address Stress and Workload Management:

- **Identifying Pre-existing Stress:** Pilots use the scale to recognize that "stress" isn't just about what happens during a flight (e.g., an engine failure); it is often a "bucket" that is already half-full due to personal life events.
- **Predicting Performance Degradation:** High scores on the scale correlate with a higher risk of health issues or "accidents" because the individual's coping resources are already overtaxed.

- **Mitigating "Getting Behind the Aircraft":** By understanding their baseline stress level, crew members can proactively apply CRM tools (like better delegation or more frequent briefings) to prevent a high-pressure situation from becoming unmanageable.

**Checklist: Establishing Your Stress Value**

To determine your stress value, review the following life events that have occurred within the **last 12 months**. Total the **Life Change Units (LCU)** associated with each event.

**High-Impact Life Events**

<b>Life Event</b>	<b>Value (LCU)</b>
Death of a spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of a close family member	63
Major personal injury or illness	53
Marriage	50
Fired from work	47
Marital reconciliation	45
Retirement	45

**Moderate-Impact Life Events**

<b>Life Event</b>	<b>Value (LCU)</b>
Change in health of family member	44
Pregnancy	40

<b>Life Event</b>	<b>Value (LCU)</b>
Sex difficulties	39
Gain a new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to different line of work	36
Change in number of arguments with spouse	35
Mortgage/Loan for major purchase (e.g., home)	31
Foreclosure of mortgage or loan	30

### **Daily and Lifestyle Changes**

<b>Life Event</b>	<b>Value (LCU)</b>
Change in responsibilities at work	29
Child leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse starts or stops work	26
Beginning or end of school	26
Change in living conditions	25
Trouble with boss	23

Life Event	Value (LCU)
Change in work hours or conditions	20
Change in residence	20
Vacation	13
Minor violation of the law (e.g., traffic ticket)	11

### Interpreting Your Score

The cumulative total suggests the likelihood of experiencing a significant stress-related health breakdown or performance failure in the next two years:

- **150 points or less: Slight risk** of illness or accident. You have a relatively low susceptibility to stress-induced issues.
- **150–299 points: Moderate risk (approx. 50%)**. You are carrying a significant stress load that may affect your professional focus.
- **300 points or more: High risk (approx. 80%)**. At this level, stress intervention is strongly urged. For a pilot, this level of "life baggage" can dangerously thin the "margin of safety" in the cockpit.