Holmes-Rahe Test Of Recent Changes is an interactive questionnaire that enables students to think about their current stress level due to the accumulation of various events, and to find out about the effect that these have on them.

The purpose of the questionnaire is to:

- Help the students analyze their stress levels and risks.
This is based on 43 significant experiences identified by Holmes & Rahe in their research.

Students have to answer whether they have experienced a certain situation in the last years.
The research, which was published in the Journal of Psychosomatic Research, revealed that there is a significant correlation between the score and the probability of falling ill. Students receive feedback at the end of the questionnaire which they can then compare with the results of the rest of the group.