

STRESS-TEST

Source: Bo Netterstrøm , chief physician and senior scientist

Your physical stress symptoms the last four weeks :	Continually	Most of the time	Part of the time	Some times	Never
How often have you had:					
stomach ache	5	4	3	2	1
increased heartbeat	5	4	3	2	1
headache	5	4	3	2	1
muscle tension	5	4	3	2	1
Your mental stress symptoms for the last four weeks :	Continually	A large part of the time	Part of the time	Some of the time	At no time
How often have you had:					
difficulty concentrating	5	4	3	2	1
difficulty remembering	5	4	3	2	1
been tense	5	4	3	2	1
difficulty thinking clearly	5	4	3	2	1
felt worn out	5	4	3	2	1
been emotionally exhausted	5	4	3	2	1
difficulty falling asleep	5	4	3	2	1
woken up too early without being able to fall asleep again	5	4	3	2	1
been irritable	5	4	3	2	1
had difficulty making decisions	5	4	3	2	1
been stressed	5	4	3	2	1
had difficulty relaxing	5	4	3	2	1

Calculation of the score for stress symptoms : Add the score for all the questions together :

- 16-24: Relaxed level . You are not to stressed at the present
- 24-36: Intermediate level . You are so stressed that you have to look at what can be changed in your life
- 37-50: High level. Do something about it now!
- 51-80: Very high level. You are very stressed and should do something about it immidiatly consult your physician.