

How to Calculate your Stress Screening Test Score

Complete the checklists, then add up the number of checkmarks in each category.

	None 0	Mild 1	Moderate 2	Severe 3	Extreme 4
... or changes in sleep		X			
...	X				
...		X			
...ies	X				
... problems	X				
...				X	
... problems		X			
... concentrating	X				
... in appetite					X
... overwhelmed			X		
... d				X	
...	X				
...	X				
... anxiety	X				
... d Pressure		X			
...	X				
...		X			

Multiply by the number of points indicated per column and write the total points per column here.

... from each column	8 x 0 points	5 x 1 point	1 x 2 points	2 x 3 points	1 x 4 points
... each column	0	5	2	6	4
... nn points together for Category Score	17				

Add all 5 column totals to get the overall the category total.

Transfer each category total in the spaces here.

Add all four categories together to calculate your overall score.

Stress Screening Test Results

Please write your total scores for each category in the spaces below.

Symptoms	17
Coping Behaviors and Habits	3
Stressors	15
Life Events	8

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Add together for overall TOTAL SCORE	43
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0 - 30 Low Stress

Your stress is probably at a manageable level right now You are effi