

# 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
... n 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