TEST MY STRESS® · SAMPLE REPORT

What the report contains

TEST MY HEART & MIND

Level 3 · Integrated Health Point — questionnaires, cognitive tasks and 24-hour ECG

The report is a personal written document of about 30 pages. It has seven modules: four questionnaires, two computer tasks and a 24-hour ECG recording. Each module explains what is being assessed, shows the personal result on a scale and gives practical guidance. The report is followed by a consultation in which a specialist discusses the results with the participant.

7	~30	1
modules	pages	results consultation

The data in this sample were collected specifically for it from different participants. They do not describe one person.

1 Social factors of health

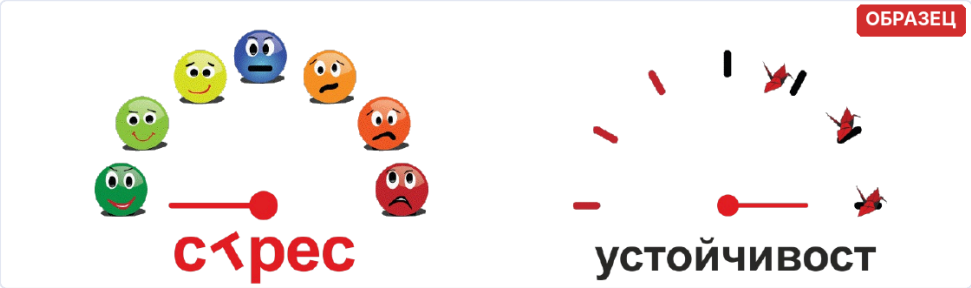
How lifestyle and social environment affect the ability to cope with stress.

WHAT IT SHOWS

- sex, age and life stage
- education, family, children, housing, place of residence
- work, income and satisfaction
- conclusion: stress level and resilience level

IN THE SAMPLE

High resilience and low stress; the resources the person can rely on are listed.



2 Mental state

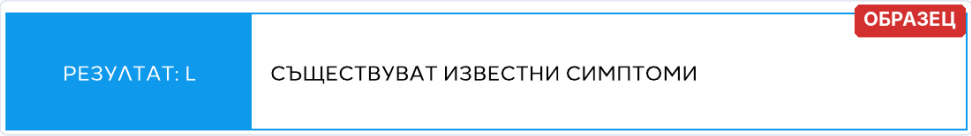
Screening of six areas using the standardised PRIME-MD questionnaire.

WHAT IT SHOWS

- somatoform state (physical signs of tension)
- depressive state
- panic disorder and other anxiety
- eating and alcohol use

IN THE SAMPLE

Some physical signs of tension; no signs in the other five areas.



3 Occupational burnout

Degree of burnout using the Oldenburg Burnout Inventory (OLBI).

WHAT IT SHOWS

- disengagement and emotional exhaustion
- total score and burnout stage
- signs to watch for
- practical steps for changing work habits

IN THE SAMPLE

Disengagement 18, exhaustion 18, total 36 — stage of developing symptoms.

ОБРАЗЕЦ

РЕЗУЛТАТ	ЗАКЛЮЧЕНИЕ: ВНИМАВАЙТЕ, СИМПТОМИТЕ НА БЪРНАУТ ПРИСЪСТВАТ В ЕЖЕДНЕВИЕТО ВИ
	НЕАНГАЖИРАНОСТ: 18
	ЕМОЦИОНАЛНО ИЗТОЩЕНИЕ: 18
	ТОТАЛ: 36

4 Life events

Accumulated stress from significant events in the past 12 and 24 months, using the Holmes–Rahe scale.

WHAT IT SHOWS

- events experienced, by period
- life stress inventory
- stress accelerator
- stress resistance

IN THE SAMPLE

Low levels of life stress (39 and 105 points) and high resilience.

ОБРАЗЕЦ

ЖИТЕЙСКИ СТРЕС ИНВЕНТАР	
ПРЕДИ 24 МЕСЕЦА	ПРЕДИ 12 МЕСЕЦА
39	105
АКСЕЛЕРАТОР НА СТРЕСА	
 ПОЛОЖИТЕЛЕН	 ОТРИЦАТЕЛЕН
СТРЕС УСТОЙЧИВОСТ	
ПОЛОЖИТЕЛЕНА РАЗЛИКА	

5 Working memory

Working memory capacity: a 2-back computer task and a choice reaction control task.

WHAT IT SHOWS

- reaction speed in both tasks
- slowing under memory load
- number of errors
- comparison with an age reference group

IN THE SAMPLE

Good working memory capacity; slight imbalance between speed and accuracy.

Вашите резултати ОБРАЗЕЦ

Години	P1	P2	P3	P4
—	**0.46**	**0.66**	**43.77**	**10.00**

Наблюдение: Добър капацитет на оперативната памет. Лек дисбаланс на системата бързина/точност.

6 Cognitive control

Ability to process conflicting information (Stroop task).

WHAT IT SHOWS

- speed with supporting and with conflicting information
- slowing under conflict
- number of errors
- comparison with an age reference group

IN THE SAMPLE

Good ability to process conflicting information; under conflict, accuracy takes priority.

Вашите резултати ОБРАЗЕЦ

Години	P1	P2	P3	P4
—	**1.06**	**1.35**	**26.83**	**14.00**

Наблюдение: Добра способност за преработка на конфликтна информация с дисбаланс на системата бързина/точност и с подчертаване на точността при наличие на конфликт.

7 Heart and nervous system (24-hour ECG)

How the heart and the autonomic nervous system respond to load over a full day and night.

WHAT IT SHOWS

- maximum, minimum and mean heart rate, with time and activity
- SDNN: overall heart rate variability
- LF/HF: nervous system balance and accumulated stress
- excerpts from the ECG recording

IN THE SAMPLE

Heart rate and variability normal; LF/HF of 6.0 indicates a high level of accumulated chronic stress.

ОБРАЗЕЦ

Параметър	Стойност	Времеви интервал	Дейност	Норма	Тълкуване
Максимален пулс	162	20:27:05	Празненство		
Минимален пулс	53	02:55:17	Сън		
Среден пулс	79.00			78±11	Вие сте в добро сърдечно-съдово здраве

Параметър	Стойност	Норма	Тълкуване
SDNN	117.70	117±30	Нормална стойност. Отнасяща се към добро състояние на ардиоваскуларната система
LF / HF	6.00	2.7±1.3	Автономната нервна система показва високо ниво на акумулиран хроничен стрес

What comes next

Results consultation
A psychophysiologist walks the participant through the report and answers questions.

Next step
Together they decide whether support is needed: counselling, monitoring or a repeat assessment.

The report grows with the package

AWARENESS	The four questionnaires (modules 1–4)
INSIGHT	+ working memory and cognitive control (modules 5–6)
TEST MY HEART & MIND **Integrated Health Point**	+ 24-hour ECG: heart rate and variability (module 7)
TEST MY BRAIN, HEART & BODY **Total Stress Point**	+ laboratory biomarkers [TO BE CONFIRMED]

Test My Stress® is a screening, not a diagnosis. The results do not replace a consultation with a doctor or other specialist. The images are excerpts from a sample report built from data of different participants; the report itself is in Bulgarian.
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