SAMPLE

Summary of condition

for specialists

Test My Stress® · TEST MY BRAIN, HEART & BODY
Total Stress Point
Participant: SAMPLE

A short overview of all screening values. The objective indicators reflect the compensatory mechanisms of the autonomic nervous system and hormonal regulation, and point to risk states before they turn into a health problem.

Subjective screening

Component	Result
Somatoform state	Some likelihood of early somatisation
Depressive state	No symptoms present
Panic disorder / panic attacks	No symptoms present
Other anxiety	No symptoms present
Eating disorders	Bulimia: no symptoms · Emotional eating: no symptoms
Alcohol use	Does not drink
Occupational burnout (OLBI)	Attention, burnout symptoms present · Disengagement 18 · Exhaustion 18 · Total 36
Life stress (Holmes–Rahe)	24 months ago: 39 · 12 months ago: 105
Resilience	High

Cognitive markers under stress load

Component	P1	P2	P3	P4	Observation
Working memory	0.46	0.66	43.77	10	Good capacity; slight speed/accuracy imbalance
Cognitive control	1.06	1.35	26.83	14	Good processing of conflicting information; accuracy emphasised under conflict

Autonomic nervous system · 24-hour monitoring

Parameter	Value	Interpretation
Maximum heart rate	162 bpm	
Minimum heart rate	53 bpm	
Mean heart rate	79 bpm	Good cardiovascular health (norm 78±11)
SDNN	117.7 ms	Normal value; good cardiovascular condition (norm 117±30)
LF/HF	6.00	High level of accumulated chronic stress (norm 2.7±1.3)

HRV · time domain

Parameter	Value
ASDNN	50.45
SDNN	117.7
RMSSD	26.26
SDANN	104.18
SDSD	23.01
pNN50	1.58
TINN	54.96

HRV · frequency domain

Parameter	Value
LF	734.99
HF	122.50
LF/HF	6.00

Hormone screening

Marker	Result	Interpretation
DHEA	↓ 0.21	Low
Cortisol (F)	2.58	Optimal
Cortisone (E)	32.9	Optimal
Cortisol / cortisone	↓ 0.08	Impaired redox status
Cortisol / DHEA	↑ 12.26	Indicator of chronic stress

Immunological factor

Marker	Result	Limits (ng/L)	Interpretation
Interleukin-6 (IL-6)	5.4	< 7	No sign of an ongoing inflammatory process

Sample built from data of different participants, collected for this purpose. Screening is not a diagnosis; values are interpreted by a specialist in the context of the consultation.

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