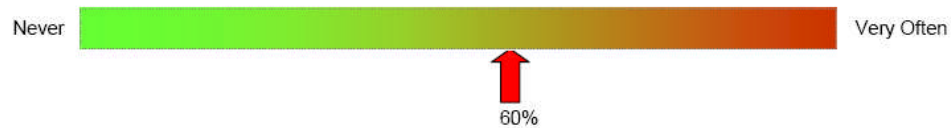


## Symptoms

### Psychological/Emotional

Your percentile score is based on your scores for the 17 psychological/emotional symptoms that were in the symptoms checklist (eg. Feeling irritable, a loss of interest in sex, feeling indecisive, anger outbursts, etc.) compared to others in the normative group. While this information is of some value we believe that it is more useful to work off the information given in the next section.

This is because if the normative group happened to be quite stressed, then an average score compared to the normative group might mask the real level of stress a person is experiencing.



### Impact of Psychological/Emotional Symptoms

Your score on this scale is important because it indicates the degree to which psychological/emotional symptoms commonly associated with stress are having a negative impact on you. This scale is based on our team's judgement of what level of scoring represents 'some', 'moderate', 'high', etc. People whose score is moderate should be aware that stress is starting to have a negative effect on them and would benefit from learning and applying stress management techniques. Moderately high and high scorers should definitely acquire and apply these skills.

#### Negative Impact

- None
- Some
- Moderate
- Moderately High
- High

Based on your Psychological/Emotional scores we consider that learning and applying stress and anxiety management skills:

- Does not appear to be necessary
- Would be beneficial
- Is required