For questions 1, 2, 3, 6, 9, and 10:

These items represent the negative indicators. You will need to change the number in order to score them alongside the positive indicators. Make the following changes to each answer:

Change any 0 to a 4
Change any 1 to a 3
Any 2 remains the same
Change any 3 to a 1
Change any 4 to a 0

Add the numbers from all ten questions together.

Your Score:

A score of 0-13 is considered low stress.

A score of 14-26 is considered moderate stress.

A score of 27-40 is considered high stress.