

Your Personal Test Result

Thank you for taking this test – it's a great first step towards gaining insight into your mental, emotional, and physical well-being. Based on your answers, your current situation is classified as:

Severe stress-related symptoms

Summary of findings:

Your results show an elevated and concerning level of stress. The patterns in your answers point to a serious risk of chronic stress or burn-out.

Interpretation:

There is a clear imbalance in your mental, emotional, and/or physical capacity. If these symptoms persist or worsen, they could lead to prolonged exhaustion, cognitive impairments, and a loss of functioning.

Advice:

We strongly recommend taking your situation seriously and acting without delay. This includes reducing stressors, prioritizing recovery, and seeking professional guidance.

Next step:

We advise you to schedule a no-obligation intake as soon as possible with one of our specialized coaches. In this session, we'll assess your current situation and discuss the next steps toward lasting recovery.

Warm regards,

Drs. Barbara Kok
Psychosocial Therapist



This test was carefully developed by experienced psychologists and SNRO-certified coaches. The result is indicative and intended as a first step toward awareness and, if needed, recovery. It is not a medical diagnosis but can serve as a helpful tool for personal insight. You are welcome to use this report for your own reflection or share it with your employer, coach, or doctor.



STRESS PROFILE: SEVERE
STRESS-RELATED SYMPTOMS