

# Identi-T™ Stress Assessment Score Card

Directions	Interpreting Scores
<p><b>Step 1: Determining Stress Intensity</b></p> <p><b>Perceived stress intensity</b> is the frequency of a person's discomfort known to be associated with an unbalanced response. The rating scale is 0, 1, 2, or 3 where 0 is never true, 1 is seldom true, 2 is sometimes true, and 3 is often true.</p> <p><b>Eustress (score of 35 or less)</b> is normal stress. This group benefits from a nutraceutical program (e.g., foundation nutrition, support for occasional stress) and education about the effects of stress on healthy aging. Offering the stress relief and diet tips, as well as the guided imagery CD (.pdf files), are useful. A eustress response is typically 0s and 1s with a few 2s.</p> <p><b>Mild to Moderate stress (score of 36-70)</b> describes acute episodic stress. This group feels the effects of stress on the emotional, mental, and physical levels and would benefit from a nutraceutical program designed to buffer the stress response, stress-relief techniques, and eating tips to stop stress hormone surges and stay focused and balanced. A mild to moderate response is typically 2s with some 3s.</p> <p><b>Chronic stress (score of 71-105)</b> is either severe or prolonged exposure to stressors. This group would benefit from more aggressive stress relief support through a nutraceutical program and lifestyle recommendations. An unbalanced stress response may be contributing to their existing health concerns. A chronic response is a combination of mostly 2s and 3s.</p>	<p><b>Sum of A+B+C=_____ HPA Over-Responsiveness</b></p> <p><input type="checkbox"/> Eustress = 35 or less  <input type="checkbox"/> Mild to Moderate = 36-70  <input type="checkbox"/> Chronic = 71-105</p> <p><b>Sum of C+D+E=_____ HPA Under-Responsiveness</b></p> <p><input type="checkbox"/> Eustress = 35 or less  <input type="checkbox"/> Mild to Moderate = 36-70  <input type="checkbox"/> Chronic = 71-105</p> <p><b>If a score is 35 points or less</b> in each sum, this is eustress—a healthy stress response. <b>DO NOT</b> proceed to Step 2. <b>Skip to Step 3.</b></p> <p><b>If the score is 36 or greater</b> in either of the sums, proceed to Step 2 and determine whether the shift goes in the direction of HPA over- or under-responsiveness.</p> <p><b>Review answers to questions 2-8 in the Lifestyle &amp; Health Status section of the Identi-T Stress Assessment.</b> Identify poor lifestyle habits and make recommendations as needed. Also, provide the following stress relief and dietary information:</p> <ul style="list-style-type: none"> <li>• “Need Quick Relief When Stress Hits?” .pdf</li> <li>• “Are Your Eating Habits Causing MORE Stress?” .pdf</li> <li>• “Stress Relief Through Guided Imagery” CD</li> </ul>
<p><b>Step 2: Determining HPA Over- or Under-Responsiveness Stress Types</b></p> <p><b>HPA Over-Responsiveness Profile</b>—Nervous energy, unable to calm down despite feeling tired, and complains of being warm. Tissues (tongue, face, mucous membranes) appear normal to red or inflamed. Workaholic type with cardiometabolic health issues.</p> <p><b>HPA Under-Responsiveness Profile</b>—Tired, weak, complains of feeling cold regardless of the temperature. Tissues (tongue, face, mucous membranes) appear pale and puffy although dark circles may appear under the eyes. Dizziness upon standing, hypoglycemia, darkening of the skin, muscle weakness, and weight loss are indications of stress-related adrenal fatigue.</p> <p><b>Other considerations:</b></p> <p><input type="checkbox"/> Check medications—they can mask symptoms.</p> <p><input type="checkbox"/> Check the number of 3 responses. Choose the HPA shift where the 3s dominate.</p> <p><input type="checkbox"/> Check eating habits and sleep quality. Skipping meals as well as too little sleep (less than 7 hours nightly) are major contributors to nervous energy, chronic fatigue, and unwanted weight gain.</p>	<p><b>Determine the Difference between Sum of A+B+C (HPA Over-Responsiveness) and Sum of C+D+E (HPA Under-Responsiveness)=_____.</b></p> <p><b>Difference of 5 points or more.</b> The higher sum determines the HPA shift.</p> <p><b>Difference of less than 5 points.</b> Review symptoms with the patient to help determine the HPA shift direction. Read HPA over- and under-responsiveness profiles in the left column for greater detail.</p> <p><b>Check the appropriate box:</b></p> <p><input type="checkbox"/> HPA Over-Responsiveness  <input type="checkbox"/> HPA Under-Responsiveness</p> <p><b>Proceed to Step 3 to determine which stress subtype is the most appropriate.</b></p>

### Step 3: Determining the Stress Subtype

#### Stress Subtypes

The broad categories of HPA over- and under-responsiveness to stressors subdivides into unique expressions, or stress subtypes (e.g., Stressed & Wired, Stressed & Worried, Stressed & Tired), each responding to a specific combination of adaptogenic herbs.

#### Adrenal Stress Subtype

Section C—Cortisol metabolism describes stress-related adrenal fatigue where a crisis may precipitate acute adrenal insufficiency or prolonged exposure to HPA hyperarousal may contribute to gradual reduced catecholamine and cortisol output. Twenty-four hour salivary or urinary cortisol and DHEA may be useful in monitoring outcome. Frequently, the adrenal stress subtype score may exceed 21. Adding adrenal gland support to the primary stress subtype nutraceutical formula is recommended.

#### Sleep Quality and Duration

Sleep quality is a major stressor that disrupts metabolism and contributes to HPA over- and under-responsiveness. Sleep quality and duration are addressed within:

- HPA Over-Responsiveness questions A12, A13, and B7
- HPA Under-Responsiveness questions D8, E9, and E12

If a person responds with a 3 to any of these questions, then appropriate nutraceutical support for sleep can be recommended.

#### Check the appropriate major path:

- HPA Over-Responsiveness (Sum A+B+C>35)
- HPA Under-Responsiveness (Sum D+E+C>35)
- Eustress: Occasionally Stressed (Both sums ≤35)

#### HPA Shift—Interpretation & Recommendations:

1. Select stress subtype section with highest score (A or B/D or E).
2. Also select Section C if greater than 10.
3. Also select sleep issues for designated questions with a 3 response.
4. Refer to Protocol At-a-Glance for recommendations.

#### HPA Over-Responsiveness Stress Subtypes:

- Section A. Stressed & Wired Score \_\_\_\_\_
- Section B. Stressed & Worried Score \_\_\_\_\_
- Section C. Stressed & Hot Score \_\_\_\_\_
- Sleepless (answer 3 to A12, A13, or B7)

#### HPA Under-Responsiveness Stress Subtypes:

- Section D. Stressed & Mentally Exhausted Score \_\_\_\_\_
- Section E. Stressed & Tired Score \_\_\_\_\_
- Section C. Stressed & Hot Score \_\_\_\_\_
- Oversleeps (answer 3 to D8, E9, or E12)

#### Eustress—Interpretation & Recommendations:

1. Review answers to lifestyle choices to determine if support for foundation nutrition or occasional stress is needed.
2. Also consider nutritional support for individual section scores >10 (A-E).
3. Review sleep quality questions for support considerations.
4. Refer to Protocol At-a-Glance for recommendations.

### Protocol At-a-Glance

