

# 5-Ebenen-Stresstest

Kognitiv	Trifft nicht zu!										Trifft zu!		
• Nervosität und Anspannung	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Schlafstörungen (Einschlaf-, Durchschlaf-, unruhiger Schlaf, schlechte Träume)	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• düstere Gedanken, Niedergeschlagenheit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Ausgebranntheit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Überdruß	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Unaufmerksamkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Vergesslichkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Konzentrationsstörungen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Orientierungslosigkeit, Zerrahrenheit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Unentschlossenheit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		

Emotiv	Trifft nicht zu!										Trifft zu!		
• Reizbarkeit, Aufbrausen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Ängstlichkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Hilflosigkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Depression	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Traurigkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Hoffnungslosigkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		

Vegetativ-hormonell	Trifft nicht zu!										Trifft zu!		
• Unruhe, Erregtheit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Schwindel	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Mundtrockenheit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Müdigkeit, Erschöpftheit, rasche Ermüdung	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Kurzatmigkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Appetitlosigkeit	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Herzklopfen, Herzstechen, Ziehen in der Brust	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		
• Magenschmerzen, Sodbrennen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]		

• Verdauungsstörungen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• leichtes, übermäßiges Schwitzen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• kalte Hände und Füße	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• häufiger Harndrang	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]

Immunologisch	Trifft nicht zu!										Trifft zu!
• Infektanfälligkeit (Erkältungen, Gastritis, Darmentzündungen, Gürtelrose, Pilzinfektionen)	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Zahnfleischentzündungen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Hautausschläge, Hautjucken	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Allergien	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Asthma	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Rheuma	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]

Muskulo-skelettal	Trifft nicht zu!										Trifft zu!
• Kopfschmerzen und Migräne	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Nackenschmerzen, Schulterschmerzen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Rückenschmerzen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Kreuzschmerzen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Muskelverspannungen, Muskelkrämpfe	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Muskelschwäche in den Beinen	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]
• Muskelzittern, Muskelzucken	[0]	[1]	[2]	[3]	[4]	[5]	[6]	[7]	[8]	[9]	[10]