

Perceived Stress

Scores of 20 or higher are considered high stress, and if you are in this range, you might consider learning new stress reduction techniques as well as increasing your physical activity. High psychological stress is associated with high blood pressure, higher BMI, larger waist to hip ratio, higher cortisol levels, suppressed immune function, decreased sleep, and increased alcohol consumption. These are all important risk factors for cardiovascular disease. If you score highly on this test, seeing a psychologist, psychiatrist, and our counsellor may be beneficial for your overall wellbeing.

Range: 0-40

Norms for women: 16.14 Norms for men: 15.52

My score: 15



Depressed and Anxious Moods

Range: 10-50

My score: 23



Scores 30-50: Your score falls in to the high range. Many people who score in this range are experiencing depression and/or anxiety. We strongly recommend that you see your GP or health professional for a more personalised assessment. Care from a psychiatrist, psychologist, and/or counselor is likely to be helpful for you. If you are in crisis and need urgent help, call emergency services (Australia Triple zero – (000), Lifeline (13 11 14)) or go to your local hospital emergency department. You can also access support from trusted and reputable online services (e.g., Australia <https://www.beyondblue.org.au>).

As mental health and eating, physical activity, weight, and body-image are all related, you may find working on a manageable combination of these areas together provides better results.

Scores 16-29: Your score falls in to the moderate range. Some people who score in this range have mild depression and/or anxiety. We suggest that you see your GP or health professional for a more personalised assessment. Care from a psychologist, psychiatrist, and/or counselor is likely to be helpful for you. You can also access support from trusted and reputable online services (e.g., Australia <https://www.beyondblue.org.au>).

As mental health and eating, physical activity, weight, and body-image are all related, you may find working on a manageable combination of these areas together provides better results.