

# Linked Psychological & Physical Assessment

## **Pain Coping Strategy Scale (PCSS-9)**

The PCSS-9 measures how individuals adjust to chronic pain and its impact on their lifestyle, using a structured 9-item scale.

### *Assessment Questions:*

I change my daily routine to reduce pain impact. (Scale: 0-5)

I mentally prepare myself before engaging in painful activities. (Scale: 0-5)

I use relaxation techniques to minimize pain perception. (Scale: 0-5)

I focus on positive thinking to help manage pain. (Scale: 0-5)

## **Work-Related Stress Scale (WRSS-8)**

The WRSS-8 evaluates work-induced stress and its psychological effects.

### *Assessment Questions:*

I feel exhausted after a standard workday. (Scale: 0-3)

I struggle to stay motivated due to workplace stress. (Scale: 0-3)

I feel overwhelmed when handling multiple responsibilities. (Scale: 0-3)

I find it difficult to disconnect from work-related concerns. (Scale: 0-3)

## **Decision-Making Confidence Scale (DMCS-6)**

The DMCS-6 evaluates confidence in making personal and professional decisions.

### *Assessment Questions:*

I feel confident when making important decisions. (Scale: 0-3)

I second-guess myself often when making choices. (Scale: 0-3)

I trust my instincts when faced with uncertainty. (Scale: 0-3)

## **Financial Stress Index (FSI-6)**

The FSI-6 evaluates the level of financial stress and its emotional impact.

### *Assessment Questions:*

I worry about my financial situation frequently. (Scale: 0-3)

Financial stress affects my ability to sleep. (Scale: 0-3)

I feel confident in managing my finances. (Scale: 0-3)

I have difficulty keeping up with my financial goals. (Scale: 0-3)

## **Physical Endurance Assessment (PEA-8)**

The PEA-8 evaluates an individual's ability to sustain physical activity over time.

### *Assessment Questions:*

I can maintain moderate physical activity without feeling exhausted. (Scale: 0-5)

I experience muscle fatigue quickly during exercise. (Scale: 0-5)

I recover quickly after physical exertion. (Scale: 0-5)

I adjust my breathing patterns to improve endurance. (Scale: 0-5)

## **Cognitive Load Management Scale (CLMS-7)**

The CLMS-7 measures how well individuals handle mental workload and multitasking.

### *Assessment Questions:*

I can process multiple tasks at once without losing focus. (Scale: 0-3)

I find it difficult to keep track of multiple responsibilities. (Scale: 0-3)

I get mentally fatigued quickly when problem-solving. (Scale: 0-3)

I use structured techniques to organize my tasks. (Scale: 0-3)

## **Emotional Regulation Index (ERI-9)**

The ERI-9 assesses an individual's ability to regulate emotions under stress.

*Assessment Questions:*

I can calm myself down after getting upset. (Scale: 0-3)

I tend to overreact to small inconveniences. (Scale: 0-3)

I struggle to manage my emotions under pressure. (Scale: 0-3)

I practice deep breathing exercises to stay emotionally stable. (Scale: 0-3)

### **Social Confidence Measure (SCM-6)**

The SCM-6 evaluates levels of confidence in social interactions and public speaking.

*Assessment Questions:*

I feel comfortable introducing myself to new people. (Scale: 0-3)

I feel anxious in large social gatherings. (Scale: 0-3)

I express myself clearly in conversations. (Scale: 0-3)

I maintain eye contact while speaking. (Scale: 0-3)

### **Memory Retention Index (MRI-6)**

The MRI-6 evaluates short-term and long-term memory recall abilities.

*Assessment Questions:*

I easily remember names and faces. (Scale: 0-3)

I often forget where I placed important items. (Scale: 0-3)

I have difficulty recalling specific details from past events. (Scale: 0-3)

I use memory techniques to help retain information. (Scale: 0-3)