

# Linked Psychological & Physical Assessment

## Chronic Pain Adjustment Index (CPAI-10)

The CPAI-10 evaluates the strategies people use to cope with chronic pain and adapt their behaviors.

### *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 use breathing exercises to manage pain episodes. (Scale: 0-5)

I avoid specific physical activities that increase my pain. (Scale: 0-5)

## Occupational Fatigue Index (OFI-7)

The OFI-7 assesses work-related exhaustion and its influence on cognitive and emotional well-being.

### *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)

I experience sleep disturbances due to work-related stress. (Scale: 0-3)

## Rational Decision-Making Test (RDMT-6)

The RDMT-6 evaluates logical reasoning and decision-making processes.

### *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)

I take time to gather information before making a final decision. (Scale: 0-3)

## **Financial Well-Being Score (FWBS-6)**

The FWBS-6 assesses an individual's financial confidence and stress levels.

### *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 actively seek financial planning strategies. (Scale: 0-3)

I have a structured plan to achieve financial stability. (Scale: 0-3)

## **Stamina and Endurance Index (SEI-8)**

The SEI-8 measures physical endurance levels and recovery speed.

### *Assessment Questions:*

I can engage in strenuous activity for extended periods. (Scale: 0-5)

I tire quickly when engaging in physical activity. (Scale: 0-5)

My body recovers quickly after physical exertion. (Scale: 0-5)

I stretch regularly to improve stamina. (Scale: 0-5)

## **Cognitive Workload Tolerance (CWT-7)**

The CWT-7 evaluates an individual's ability to manage and sustain mental effort over time.

### *Assessment Questions:*

I can focus on mentally demanding tasks for long periods. (Scale: 0-3)

I struggle to switch between different tasks efficiently. (Scale: 0-3)

I feel mentally exhausted after working on complex problems. (Scale: 0-3)

I use task prioritization techniques to reduce cognitive overload. (Scale: 0-3)

## **Emotional Resilience Score (ERS-9)**

The ERS-9 assesses emotional resilience and stress tolerance.

### *Assessment Questions:*

I recover quickly from emotional distress. (Scale: 0-3)

I manage emotional setbacks effectively. (Scale: 0-3)

I feel emotionally strong when dealing with adversity. (Scale: 0-3)

I use positive affirmations to build emotional resilience. (Scale: 0-3)

## **Public Speaking and Social Engagement (PSSE-6)**

The PSSE-6 evaluates confidence in public speaking and interpersonal communication.

### *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 rehearse before public speaking engagements. (Scale: 0-3)

## **Memory Recall Performance Test (MRPT-6)**

The MRPT-6 evaluates memory recall and information retention capabilities.

### *Assessment Questions:*

I easily recall details from past conversations. (Scale: 0-3)

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

I retain new information effectively. (Scale: 0-3)

I practice mnemonic techniques to improve recall. (Scale: 0-3)