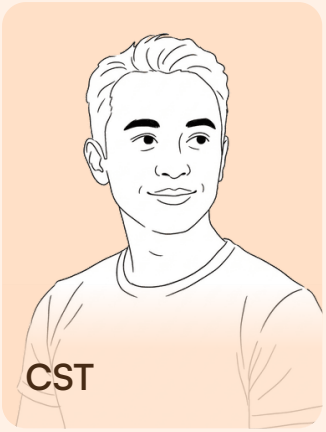


Cungi Stress Test (CST)

The Cungi stress assessment test is a tool designed to measure individuals' stress levels. It measures the intensity of overall stress and identifies stressors such as work, relationships, or health.

Number of questions	19 questions
Estimated duration	4 minutes
Language	English
Original name	Cungi Stress Test
Category	Stress

Preview of the 19 questions

Am I emotional, sensitive to other people's remarks and criticism?

Not at all | Slightly | Somewhat | Quite a bit | A lot | Extremely

Am I hot-tempered or quick to get irritated?

Not at all | Slightly | Somewhat | Quite a bit | A lot | Extremely

Am I a perfectionist, tending not to be satisfied with what I have done or with what others have done?

Not at all | Slightly | Somewhat | Quite a bit | A lot | Extremely

Do I have a racing heart, sweating, trembling, muscle twitches, for example in my face or eyelids?

Not at all | Slightly | Somewhat | Quite a bit | A lot | Extremely

Do I feel tension in my muscles, with a feeling of tightness in my jaw, my face, or my body in general?

Not at all | Slightly | Somewhat | Quite a bit | A lot | Extremely

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Laura V. - Online Psychologist