



## Technical and Methodology Note (v1.0)

### 1) Purpose and scope

The *Epiambient Stress Snapshot* (12-Point Stress Audit) is a self-assessment tool designed to estimate an individual's current stress load and recovery capacity over a 30-day period.

- It is intended for a broad audience (work-related stress, lifestyle stress, or both).
- It is not a clinical diagnostic instrument.
- It aims to highlight common “blind spots,” where an individual may report feeling in control while manifesting signs of depleted recovery.

### 2) What it measures

The audit covers four domains:

- **Load & Demand:** perceived pressure and the accumulation of demands.
- **Worry Loop:** repetitive cognitive patterns that sustain stress (e.g., rumination, racing thoughts).
- **Physical Indicators:** somatic signals often associated with stress and reduced recovery (e.g., persistent fatigue despite sleep, muscle tension).
- **Control & Recovery:** perceived agency and the ability to downshift and regenerate (reverse-scored).

### 3) Design approach

- The audit follows a cognitive appraisal view: stress is shaped by the interaction between demands and perceived resources/capacity.
- A 30-day timeframe balances stability (filtering out “bad day” outliers) with recall reliability.
- Items may use baseline-relative phrasing (e.g., “than usual”) to mitigate dispositional or personality bias.

### 4) Scoring (v1.0)

- Response scale: 0–4 per item.
- Items 9–12 are reverse-scored in calculation.
- Total score range: 0–48.



- Initial score bands are provisional and will be refined as anonymous aggregate data grows (e.g., percentile-based calibration).

## 5) Ethical boundaries

- **Not medical advice:** results do not diagnose conditions.
- **Blind spot (why we include body + recovery items):** the audit aims to surface situations where someone feels mentally in control while their body/energy may show signs of strain or depleted recovery.
- **Physical signals are non-specific:** persistent fatigue, sleep disruption, or pain can have multiple causes; consider seeking medical advice if symptoms persist.
- **Support guidance:** if results are high and stress feels persistent or impairing, seeking professional support is encouraged.
- **Privacy:** processing follows the website Privacy Policy. Where reporting is used for groups/organizations, it should be based on anonymous aggregation.