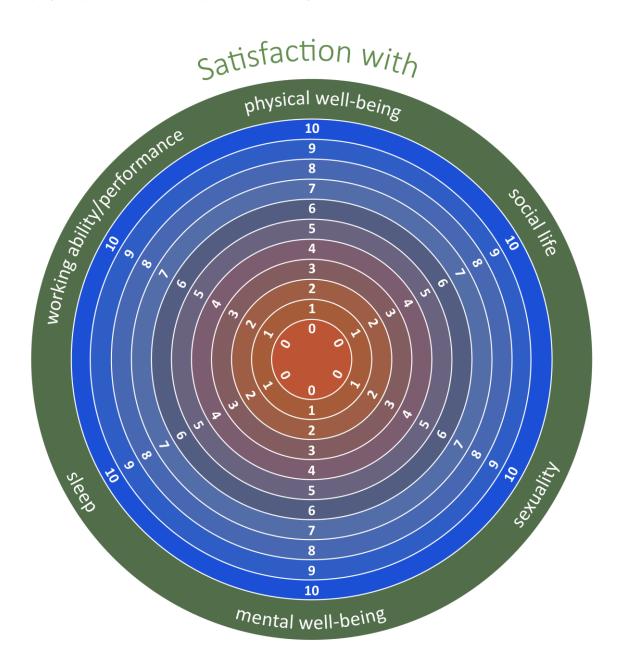
## Psychosomatic Assessment Health Disc (PAHD)

## How satisfied are you currently with the following areas of your life?

Please rate your satisfaction in various areas of life on a scale from 0 to 10, where **0** means "not at all satisfied" and 10 means "very satisfied".

Please mark the number that most closely corresponds to your satisfaction and base your assessment on **the last 4 weeks**.

**Note:** Please relate the area of work/performance to your employment. If you are not employed, please relate work/performance to your domestic activities.



Source: Fazekas C., Linder D., Matzer F. et al. Wien Klin Wochenschrift 2022; https://doi.org/10.1007/s00508-021-01809-y