

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.

