



QPM STRESSPRO 1.3



Computerized segment bioimpedance measurement XXX

Performed on 13/03/2009 by AMV

Confidential and personal document

Measurement performed using the QPM process:
Electronic sensor analyzer system, EC standard.
Use of which was granted to AMV

IMPORTANT:

Under no circumstances does the QPM measurement constitute a diagnosis or a prognosis.
QPM converts bioimpedance measurements into biophysical or biopsychological data via an interface based on electro-quantic models of the organism. Rather than a static view of the individual, this instantaneous measurement provides information on his or her dynamic evolution.
Repeating these measurements at regular intervals allows us to see their progress over time. Interpretation of this measurement must be done by an AMV-certified person trained in the use of the QPM process, who remits a copy of the results of the measurement to the person concerned.

This report was interpreted by _____
on




SIGNATURE OF THE CERTIFIED OPERATOR

QPM is a product of AMV Company





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AMV (Test) / XXX / Mesure 11037






NIVEAUX DE FORME ET FACTEUR COGNITIF DU STRESS

LEVEL OF FORM:		
PHYSICAL		
NF1 - Level of physical form:	 4	▲ A bit excessive. Risk of stress, anger outbursts and risk of losing effectiveness and well-being.
MENTAL		
NF2 - Level of mental form:	 3	Good. The mental form can influence in a positive way the effectiveness and the well-being.
STRESS COGNITIVE FACTOR		
NF3 - Influence of thought on stress and its perception	 1	▲ Very often present




LES REPONSES AU STRESS

THE STRESS RESPONSE		
PHASE 1 (FIGHT/FLIGHT)		
RS1 - Response to stress of the escape type:	 4	Rarely present.
RS2 - Response to stress of the fight type :	 4	Strong.
PHASE 2 (RESISTANCE)		
RS3 - Response to stress of the resistance type:	 3	Too strong.
PHASE 3 (EXHAUSTION)		
RS4 - Response to stress of the exhaustion type:	 5	Nonexistent.

LES DIFFERENTS STRESS

STRESS:		
STRESS LEVEL		
DS1 - Global level of the organism's response to a shock or an aggression:	 1	Stress present. Currently the organism very strongly reacts to every demand. The type of stress will determine if it is positive or harmful.
EUSTRESS		
DS2 - Good stress manifested in joy and happiness:	 3	Quite present.
DISTRESS		
DS3 - Bad stress particularly expressed through agitation and anxiety:	 2	Present and expressed rather often.
SITUATIONAL STRESS		
DS4 - Stress always appearing in connection with the same environmental condition:	 3	Rarely manifested
RESPONSE TO THE STRESS		
DS5 - Body reaction to a stimulus by "sympathetic nerve alarm" or by flight/fight reflex	 4	Response to stress present, of "fight" type.

LES STRESSEURS

THE ENVIRONMENTAL FACTORS OF THE STRESS		
TASK		
FES1 - Sensitivity to stress related to the task:	 0	Major.
ORGANIZATION OF THE WORK		
FES2 - Sensitivity to stress related to the organisation of work:	 1	Very strong.
WORKING RELATIONS		
FES3 - Sensitivity to stress related to the working relationships:	 1	Strong.

SENSITIVITY TO THE PHYSICAL ENVIRONMENT

FES4 - Sensitivity to the physical factors of stress:



Quite strong.

MOTIVATIONS










MOTIVATION		
GLOBAL AND ORIENTATION OF THE MOTIVATION		
M1 - Personal challenge:	3	▲ The personal challenge is intense, sometimes too overwhelming.
M2 - Motivation of the total type, influencing the other components of the motivations:	3	Good.
INSIDE MOTIVATION		
M3 - Intrinsic motivation with knowledge (mental):	3	Sometimes seeks to learn to improve the performances, must be more consistent.
M4 - Intrinsic motivation of achievement (emotional):	4	▲ Intense. The personal challenge is too strong, the competitive spirit can take over the performance.
M5 - Intrinsic motivation of stimulation (physical, sensory):	2	▲ Extreme. Will not help to improve the performance.
OUTSIDE MOTIVATION		
M6 - Identified extrinsic motivation:	2	Not very present.
M7 - Social extrinsic motivation:	3	▲ Excellent, but the performance can excessively rely on this motivation.
M8 - Regulated extrinsic motivation:	5	Major.

STRATEGIES D' ADAPTATION AU STRESS















STRESS AND ANXIETIES		
SAS1 - Strategies of adaptation based on emotions:	1	Excessive.
SAS2 - Strategies of adaptation based on solutions:	3	Rather weak.

LES ZONES CORPORELLES EN STRESS

SUGGESTIONS QPM		
RECOMMENDATIONS FOR THE PHYSICAL ZONES		
ZCS1 - HEAD AREA	5	Non priority area.
ZCS2 - THROAT AREA	4	Not very important area.
ZCS3 - CERVICAL AREA	5	Non priority area.
ZCS4 - DORSAL AREA	2	▲ Very important area.
ZCS5 - CHEST AREA	4	Not very important area.
ZCS6 - LEFT ARM	3	Important area.
ZCS7 - RIGHT ARM	3	▲ Important area.
ZCS8 - LUMBAR AREA	2	▲ Very important area.

ZCS9 - UPPER ABDOMINAL AREA	 3	 Important area.
ZCS10 - LOWER ABDOMINAL AREA	 1	 Priority zone.
ZCS11 - PELVIC AREA	 2	 Very important area
ZCS12 - RIGHT LEG	 1	 Priority area.
ZCS13 - LEFT LEG	 3	Important area.

MANAGEMENT DU STRESS

SUGGESTIONS QPM		
RECOMMENDATIONS OF PHYSICAL EXERCISES		
MGS14 - Exercises based on strength	 1	Priority exercise.
MGS15 - Water based exercises	 1	Priority exercise.
MGS16 - Exercises in a warm environment	 2	Very important exercise.
MGS17 - Exercises promoting movements	 3	Important exercise.
MGS1 - Aromatherapy	 5	Non-existent indication.
MGS2 - EMDR	 4	Very weak indication.
MGS3 - Flowers of Bach	0	Major indication.
MGS4 - Lithotherapy	 2	Possible indication.
MGS5 - Massage	 1	Very strong indication on defined zones.
MGS6 - Progressive relaxation of Jacobson	 1	Very strong indication.
MGS7 - Autogenic training of Schultz	 3	Possible indication.
MGS8 - Ventral breathing (release of the para sympathetic nerve)	 5	Non-existent indication.
MGS9 - Cardiac coherence	0	Major indication.
MGS10 - Mechanical massage	 4	Very weak indication.
MGS11 - Guided musical relaxation	0	Major indication.
MGS12 - chromatotherapy	 2	Possible indication
MGS13 - Oxygenotherapy	 2	Possible indication.