

IST™ Level 1 +

Test your stress level – in just 15 minutes.

The Integral Stress Test™ uses scientific methods to determine how stressed you really are in your daily life – and specifically what you can do about it. We don't just give you results, we also provide **clear recommendations** and **personal support** – online or at our health center in Basel.

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Your benefits at a glance

- **Gain clarity** – find out whether your stress level is normal or at risk.
- **Take control** – learn how to manage your stress effectively.
- **Get personalised advice** – receive clear recommendations and support tailored to your individual needs.
- **Save valuable time** – the test reveals in minutes what would otherwise take many sessions.
- **Access to a multi-disciplinary team** – get support from psychologists, coaches or stress medicine specialists if required.



Why choose our Integral Stress Test™?

- **Scientifically based & validated** – in line with the latest stress research.
- **Personal support instead of just a standard report** – personalised evaluation in coaching sessions with certified coaches.
- **More than just a test result** – if required, you can draw directly on expertise in psychology, coaching and stress medicine.
- **Available in German & English** – ideal for expats and international professionals.

How it works – in 3 steps



Step 1 – Complete the questionnaire online

approx. 15 minutes.



Step 2 – Receive your results immediately

scientifically validated and explained in an accessible way.



Step 3 – 30 minutes coaching session

online or on-site in Basel, with tangible recommendations for your next steps.

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Trust & Experience

- The IST™ is already being used **successfully with teachers and other adults**.
- Feedback shows that the test provides clarity and enables action, especially in highly demanding professions.



Your Coach – Colette

Knecht

Psychological

Counseling & Coaching

„I was surprised at how accurately the stress test captured my internal and external situation and enabled me to take action.“

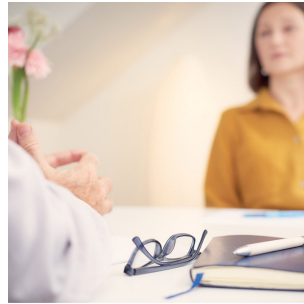
Teacher, IST™ participant, anonymous

„Finally, I could see in black and white what's going on – and what I can do about it.“

a mother of two, working full-time, IST™ participant, anonymous

Scientifically based & certified

- The IST™ was developed on the basis of **current stress research**.
- It combines various internationally recognised questionnaires (including PHQ, CBI, ERI, GAD-7) and reveals which factors influence your stress level.
- It detects not only high, but also **low and moderate changes** that could lead to serious problems later on, making it an effective tool for **early detection and prevention**.
- Studies show that **15–20% of the population** is highly vulnerable to mental illness. With IST™, you can find out whether you are affected or at risk – and take action in good time.
- IST™ saves valuable time: coaches report that the questionnaire alone **replaces around five sessions** and gets straight to the heart of the problem.
- At higher levels of the test, additional **biological parameters** such as heart rate variability (HRV), cortisol or neurotransmitters are recorded – for an even more comprehensive picture.
- All IST™ coaching sessions are conducted by **certified health coaches** – with experience in medicine, psychology and coaching.



Frequently asked questions (FAQ)

How long does the test take?

The online questionnaire takes about 15 minutes. You will then receive your evaluation immediately and arrange your 30-minute coaching session.

When will I receive the results?

The results of the questionnaire are available to you online immediately. During the coaching session, they will be explained in more detail and supplemented with specific recommendations.

Can I upgrade to a higher level later?

Yes. If you would like your results to be analysed in more depth, you can switch to Level 2+ (including HRV measurement & Lab tests) at any time.

In which languages is the test available?

All levels of the IST™ are available in English and German.

Who provides the coaching?

All IST™ coaching sessions are supervised by certified health coaches who have experience in medicine, psychology and coaching.

Is the test covered by health insurance?

Not at present. The test is a self-pay service (CHF 228 for Level 1+).

Is the test also suitable for companies?

Yes. In addition to individuals, IST™ is also used in professional settings.

How do I book my coaching?

At the end of your results report, you can book an appointment for your personal coaching session directly.

We look forward to meeting you.

„Start your Integral Stress Test™ now – for more energy, clarity and quality of life.“

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[Learn more about the other IST™ levels](#)

Heart-Based Center Basel

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