

Adj es mean 8 ± 3
FM+m plus SumShading

Adj es scorings represent the sum of FM+m, plus all Shading (counting only one Y and one m in the calculation of Shading). The Adj es scoring is the sum of all the demands the person faces **removing state-dependent factors** in order to assess the person's typical coping skills.

Since Y and m are temporary, and mark state (situational) provoked emotions, removing all but 1 each of Y and m means that state factors are removed from the list of demands, leaving only those that are **chronic** in nature.