

Dscore

EA-es

**Stress Tolerance** - by subtracting current demands from resources, you get a measure of what's left in the current situation - if positive, there are more resources than demands; if negative, there are more demands than resources.

#### EA-es Conversion Table

EA-es	Between	Dscore
-12.5	& -10.5	-4
-10.0	& -8.0	-3
-7.5	& -5.5	-2
-5.0	& -3.0	-1
-2.5	& +2.5	0
+3.0	& +5.0	+1
+5.5	& +7.5	+2
+8.0	& +10.0	+3
+10.5	& +12.5	+4

When the **Dscore is positive**, it indicates that the person usually has adequate resources to manage problems. They typically have resources unused to handle stress, and can have difficulty understanding others who do become easily stressed. Bigger isn't better, however. 41% of schizophrenics have positive Dscores. Their resources allow them to cope adequately with their delusions and hallucinations. They have rigid controls, are not easily disorganized, and maintain a great distance from their emotions to protect themselves. Like many patients being overwhelmed is what drives one to treatment. Without feeling the anxiety, therapy may not help because the client is not motivated.

When the **Dscore is 0**, this means the person generally has adequate resources to draw upon to develop a plan, effectively carry it out, and stick to it through difficulties until it comes to fruition. The demands the person faces are within tolerance levels. This could mean the client has a lot of demands, and a lot of resources, meaning that changes in the environment will probably not affect them too much. Or, this could mean that the person has few demands and few resources, meaning that changes in the environment could affect them seriously and overwhelm them. Checking the EA and little es, as well as their composite parts, is important.

When the **Dscore is negative**, it is important to look at the EB. Extratensives are likely to be disorganized; they come up with half-baked plans, become overloaded, and can't follow them through to completion. They likely experience a chronic sense of emotional distress and overload. Introversives can sometimes design good plans, but they can't follow them through. They become anxious or depressed, and lack the energy to cope.

In both cases, the client will miss details and become too overwhelmed by the problem to learn from the situation ("what could I have done to prevent it/solve it better/solve it faster?"), and thus don't learn ways to overcome problems in the long-run. They could feel irritable, frustrated, and that they have little control over their lives.

Again, keep in mind that a negative score could mean they face high demands and have low resources, in which case a decrease in demands could help. Or, they may have few demands and few resources, in which case a decrease in demands may not help.