



**Assessment of**

**Stress biomarkers**

Salivary cortisol

Hair cortisol

Serum cortisol

HRV

HRV

HRV

**Stress questionnaires**

CLES-C

CLES-C

CLES-C

CHS-CUS

CHS-CUS

Emotions

Emotions

Emotions

Coping

Coping

Coping

SDQ

SDQ

SDQ

**Antropometry**

BODPOD

BODPOD

BODPOD

Routine antropometry

Routine antropometry

**Diet**

CEHQ-FFQ

CEHQ-FFQ

CEHQ-FFQ

DEBQ

DEBQ