MCP SERVER | NO CODE | CLOUD HOSTED

Stress Load Scorer MCP

Quantify life change impact in seconds.

Stress Load Scorer calculates your cumulative psychological stress and health risk using established models like the Holmes-Rahe Scale. This MCP quantifies how major life changes—like job loss or retirement—impact your overall well-being, classifying your risk into Low, Moderate, or High tiers for immediate action.

A+ Quality Score 100/100

stress | psychology | health-risk | lcu | holmes-rahe

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vinkius.com/mcp/stress-load-scorer

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Stress Load Scorer MCP

3 tools available
Cloud-hosted on Vinkius

Need to know if recent life events have put you under significant strain? The Stress Load Scorer uses the Holmes-Rahe Life Change Units (LCU) framework to calculate a cumulative stress score. It doesn't just give you a number; it helps classify your physiological risk level—Low, Moderate, or High. First, you use its event catalog tool to see all valid life changes. Next, the agent computes the total load across those events using the scoring function. Finally, based on that result, it delivers specific advice and recommended health precautions. It's a quick way to get expert-level risk assessment without needing an academic background. Connect this MCP via Vinkius and let your AI client handle the entire calculation, from event identification to actionable advice.

Core Capabilities

01 — Identify Life Events

Retrieves a complete list of valid life changes, including their corresponding stress unit weights.

02 — Calculate Stress Load

Computes the total cumulative stress units from selected events and determines your resulting health risk category.

03 — Get Health Advice

Provides detailed, qualitative recommendations and recommended precautions tailored to a specific calculated risk level.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/stress-load-scorer** — connect your AI agent in three steps.

01 Start by using the event catalog tool to pull up all valid life events and their unit weights.

02 Select the relevant life changes, then run the calculation tool to get your total stress load score and risk classification.

03 Finally, input that risk level into the advice function to receive detailed, actionable health precautions.

The bottom line is you don't have to manually research LCU weights or interpret complex risk tiers; the MCP handles the entire calculation and delivers clear next steps.

Built For

This MCP is essential for mental health professionals, HR specialists, and wellness coaches who need quick, standardized ways to assess client stress. If you're tired of relying on subjective interviews or complex spreadsheets to gauge a patient's current strain, this tool gives you immediate, data-backed risk classification.

Licensed Counselor

Uses the MCP to objectively measure the impact of major life shifts (divorce, job loss) on a client's cumulative stress load.

HR Benefits Manager

Assesses company-wide risk during periods of organizational change or layoffs by grouping common stressors and calculating potential employee strain levels.

Wellness Coach

Provides clients with a concrete, actionable score that moves the conversation beyond 'you seem stressed' to 'your calculated stress load is X'.

What Changes When You Connect

01 Instant Risk Classification: Instead of spending time manually interpreting symptoms, the calculate_stress_score tool delivers a precise risk tier (Low/Moderate/High) based on established psychological metrics.

02 Standardized Assessment: You use get_event_catalog to pull from a verified list of life events. This eliminates guesswork and ensures your scoring is always consistent with the Holmes-Rahe framework.

03 Actionable Outcomes: The process doesn't stop at a score. Use get_risk_mitigation_advice to instantly generate concrete, professional health precautions for the user, making advice immediately useful.

04 Efficiency over Spreadsheets: You skip the headache of setting up complex LCU formulas in Excel. Your agent handles the entire aggregation and scoring flow automatically.

05 Professional Credibility: By integrating this MCP into your workflow, you provide clients with a clear, quantifiable measure that adds immediate weight and professionalism to your counsel.

Real-World Applications

Assessing Post-Divorce Stress

A counselor needs to assess a patient who recently went through a divorce. They use get_event_catalog for the list, then run calculate_stress_score on 'divorce' and other events. The result is High risk; they immediately pass that result into get_risk_mitigation_advice to give the client concrete steps like prioritizing sleep hygiene.

HR Reviewing Layoff Impact

An HR manager needs a quick sense of organizational strain. They feed in multiple 'job loss' events for different departments, running calculate_stress_score to determine if the overall staff risk is creeping into the Moderate or High zone.

Wellness Coach Tracking Milestones

A coach helps a client through retirement. They input 'retirement' and other life changes using calculate_stress_score, getting a score that dictates specific activity recommendations via get_risk_mitigation_advice for the next six months.

Quick Intake Assessment

A new client walks in stressed. The agent asks about major life changes and uses get_event_catalog to verify which are valid, then calculates the score instantly without requiring the counselor to memorize LCU weights.

Patterns to Avoid

Using vague general wellness tools

✗ AVOID

Typing 'I feel stressed' into a basic journaling prompt and getting vague advice like 'take deep breaths.' This doesn't provide measurable data.

✓ INSTEAD

Don't rely on simple feelings. Use the Stress Load Scorer MCP; first, use get_event_catalog to verify the specific life event units, then calculate_stress_score to get a concrete risk number that dictates precise advice via get_risk_mitigation_advice.

Manually cross-referencing scales

✗ AVOID

Opening multiple academic papers or spreadsheets trying to find the correct LCU weights for 'job loss' versus 'divorce' and manually summing them up.

✓ INSTEAD

Don't calculate it yourself. Use get_event_catalog first to ensure you have the authoritative list of event IDs, then pass that data directly into calculate_stress_score.

Stopping after getting a score

✗ AVOID

Getting a 'High risk' number and then having no idea what specific steps to tell the client next. The advice is useless because it lacks detail.

✓ INSTEAD

Always complete the cycle: use calculate_stress_score, and immediately follow up by feeding that resulting risk level into get_risk_mitigation_advice for detailed instructions.

The Right Fit

Use this MCP if your primary need is objective, quantifiable measurement of psychological strain based on established life change units. You should use it when you need to move beyond subjective reports and provide a score that dictates specific, medically-informed advice. However, don't use it if you are simply

trying to gauge general mood or emotional well-being; the tool only accounts for major *life events*. If your issue is chronic stress from work habits (e.g., poor sleep hygiene), this MCP won't diagnose that—it needs a specific life change unit input. For tracking ongoing symptoms, look for a symptom tracker type of tool instead.

The Difficulty of Quantifying Stress

Figuring out how much recent changes are affecting someone's health is messy work. You end up sifting through old questionnaires, cross-referencing vague academic papers to find the right stress weights for 'divorce' or 'job loss.' Then you have to manually sum those numbers and try to map that total score onto a risk level—a tedious process prone to human error.

With this MCP, your agent handles the entire calculation. You just tell it which life events are relevant; the tool pulls the correct weights, sums them up using calculate_stress_score, and instantly classifies the result for you.

Stress Load Scorer: Get a Clear Risk Score

You eliminate the need to look up LCU weights across different sources or manually plot scores on an arbitrary risk chart. The system uses get_event_catalog first, ensuring you only work with valid, recognized life events.

Now, you don't just get a score; you get a structured path forward. After calculating the total load, the final step using get_risk_mitigation_advice provides immediate, expert-level talking points for your next session.

Stress Load Scorer: 3 Tools

These tools allow you to identify valid life events, calculate a total stress load score, and receive targeted health precautions based on the result.

#	TOOL	DESCRIPTION
01	`calculate_stress_score`	Accepts a list of events to compute the total stress load score, classifying your overall health risk.
02	`get_event_catalog`	Lists all available life events and their assigned LCU scores so you know what changes are quantifiable.
03	`get_risk_mitigation_advice`	Looks up specific, detailed advice and recommended actions for any given risk level (Low, Moderate, or High).

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U What are the available life events I can use for calculation?

The following events are available: death of a spouse (100), divorce (39), job loss (47), and retirement (45).

U Calculate my stress score for: death of a spouse and divorce.

Your total stress load is 139 LCU, which places you in the High risk category.

U What precautions should I take for a High risk level?

For High risk, it is recommended to prioritize sleep hygiene, engage in regular physical activity, and consider consulting a professional if symptoms persist.

Frequently Asked Questions

01 **How does Stress Load Scorer work? Does it just give a number?**

No, it gives much more than a number. It first calculates the stress load using calculate_stress_score and then uses get_risk_mitigation_advice to provide specific health precautions based on that score.

02 **What kind of life events can I use with Stress Load Scorer?**

You must first run the get_event_catalog tool. This provides a definitive list of all valid event IDs and their corresponding unit weights, ensuring accuracy.

03 **Can this MCP tell me if my stress is high because I sleep poorly?**

No. The Stress Load Scorer focuses specifically on the cumulative impact of major life changes (LCU). If your issue is chronic symptoms like poor sleep, you need a different type of symptom tracker.

04 **What happens if I use multiple events in calculate_stress_score?**

The tool aggregates all the weights from the selected life events to give you one total, cumulative stress load score and a single risk classification.

05 **Is get_risk_mitigation_advice useful if I have a Moderate risk score?**

Yes. It provides detailed qualitative information tailored specifically for that 'Moderate' level, giving you actionable advice beyond just the category name.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"stress-load-scorer": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Stress Load Scorer is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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