ABSTRACT

Disclosed are techniques capable of objectively and specifically evaluating various mental or physical conditions, of which evaluation was conventionally possible only by subjective symptom-dependent methods, such as stress and fatigue. Specifically disclosed are a stress or fatigue indicating agent including at least two factors selected from the group consisting of IL-1β, IL-1ra, IL-2, IL-3, IL-4, IL-5, IL-6, IL-7, IL-8, IL-9, IL-10, IL-11, IL-12, IL-13, IL-15, IL-17, IL-18, Eotaxin, FGF basic, G-CSF, GM-CSF, IFN-γ, IFN-α, IP-10, MCP-1, MIP-1α, MIP-1β, PDGF-BB, RANTES, TNF-α, VEGF, CSF-2, TGF-β, neurotrophin 5, MCP-3, β-2-microglobulin, angiotensin II, CSF-3, CXC chemokine ligand 1, CXC chemokine ligand 5 and HGF; an agent for testing stress or fatigue including at least two molecules selected from the group consisting of molecules specifically recognizing the factors, respectively; a method of measuring stress or fatigue with the test agent; and an indicating agent for evaluating the intensity of mental conditions or disorders, including at least two factors selected from the factor group, wherein each of the factors is weighted.