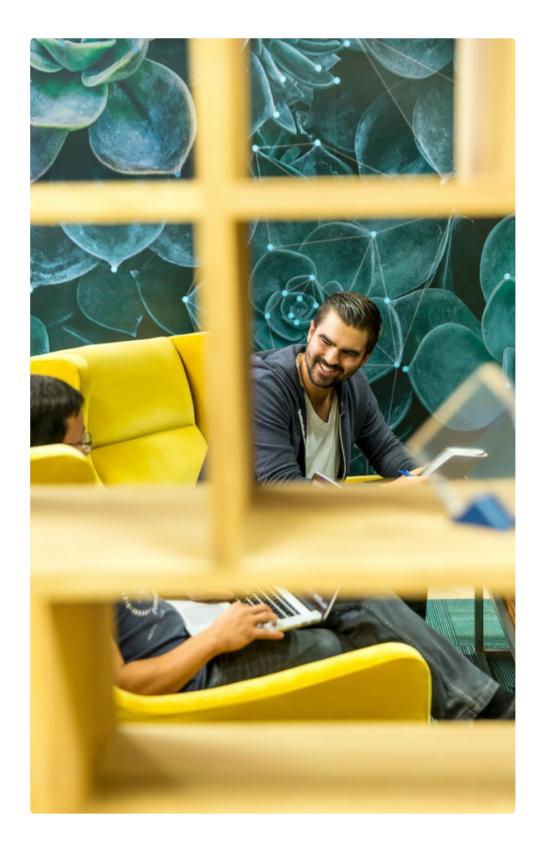


# Report for

Gain insight into the stress level in your department



PSS and Mood Score for this period



#### About this report | how to read the report

In this monthly report, you will gain insight into your employees' wellbeing.

The report contains results of measurements performed by OrbisCure. In the report, you will find data from your entire company, as well as your own department.

#### Stress Measurement

The stress measurement we use is called the PSS (Perceived Stress Scale). The stress measurement consists of 10 questions and should be taken once a month. The questions in the measurement are answered based on the past month and relate to both work and private life.

When your employees have completed a measurement, they are informed of their stress level. The stress level is measured on a scale from 0-40 and is divided into the following four zones:

Low stress: 0-13Mild stress: 14-17Moderate stress: 18-26High stress: 27-40

The measurement is scientifically validated and used by the Danish Board of Health. For further information about the stress measurement: Here

Get knowledge and tools about stress prevention through OrbisCure's article library: Here

#### **Mood Score**

The mood score is a snapshot of your employees' mood on a scale from 1-5.

As a leader, you can use the mood score to gain insight into the reasons for your employees' moods — for example, whether they feel stressed due to work or family.

Similarly, like other companies, you can use the mood measurement in departmental meetings as a starting point for a discussion on well-being.

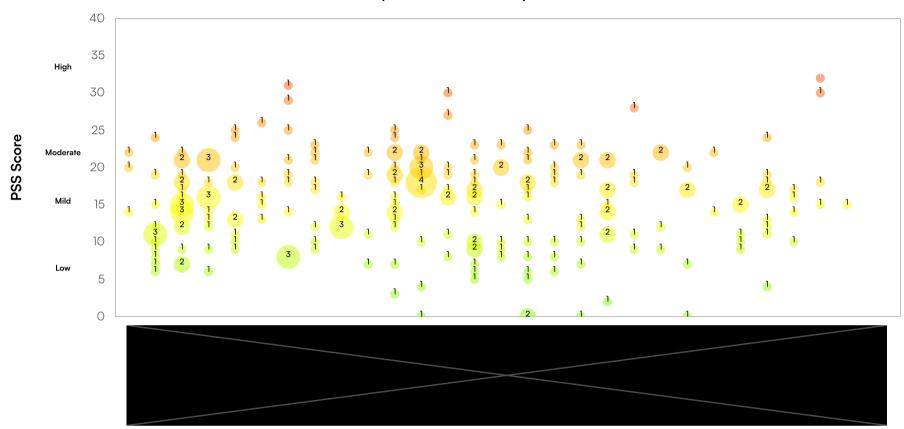
Unlike the mandatory PSS measurement, the mood measurement is optional for your employees. Therefore, the number of responses may vary from month to month.



### PSS level distribution for Company

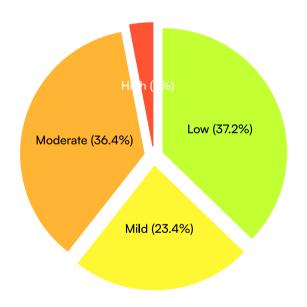


#### (231 measurements)



### PSS level distribution for Company

#### (231 measurements)



#### Distribution of PSS Score

- Employees are very motivated, content, and have a high energy level.
- 54 Employees begin to lose focus, produce lower quality work, and may show irritability
- Employees may experience recurring headaches, worries, and sleep problems. They risk creating conflicts within the team.
- Temployees are highly effected by their emotions and make more mistakes. There is a high risk of breakdown and sick leave

### PSS Answer Distribution for Company

#### for any PSS Score: In the last month, how often have you... (231 measurements)

been upset because something happened unexpectedly?	7%	25%	42%	21%	4%
felt that you were unable to control important things in your life?	12%	32%	40%	14%	1%
felt nervous and 'stressed'?	8%	27%	44%	18%	3%
felt confident about your ability to handle your personal problems?	3%	5%	20%	39%	34%
felt that things were going your way?	1%	4%	33%	52%	10%
felt that you could not cope with all the things you had to do?	9%	25%	45%	16%	5%
been able to control irritations in your life?	2%	7%	36%	36%	19%
felt that you were on top of things?	1%	3%	35%	48%	13%
been angered because of things that happened that were out of your control?	9%	34%	39%	15%	3%
felt that difficulties were piling up so high that you could not overcome them?	17%	39%	33%	9%	1%
	Never	Almost never	Sometimes	Fairly often	Very often

### PSS Root Cause for Company

#### for any PSS Score: PSS Root Cause (214 measurements)

Over the past month, what was the primary origin of your stress?

27%

45%

23%

5%

Only worklife Mostly worklife Mostly pers. life Only pers. life Skip

### PSS Answer Distribution for Company

#### for PSS Score in range 0 - 17: In the last month, how often have you... (140 measurements)

been upset because something happened unexpectedly?	12%	38%	41%	8%	1%
felt that you were unable to control important things in your life?	19%	46%	29%	5%	1%
felt nervous and 'stressed'?	13%	42%	40%	5%	
felt confident about your ability to handle your personal problems?	4%	3%	6%	38%	49%
felt that things were going your way?	1%	1%	14%	69%	15%
felt that you could not cope with all the things you had to do?	14%	39%	36%	8%	3%
been able to control irritations in your life?	1%	4%	18%	46%	31%
felt that you were on top of things?		1%	14%	64%	21%
been angered because of things that happened that were out of your control?	14%	46%	36%	1%	1%
felt that difficulties were piling up so high that you could not overcome them?	28%	56%	14%	1%	
	Never	Almost never	Sometimes	Fairly often	Very often

### PSS Root Cause for Company

for PSS Score in range 0 - 17: PSS Root Cause (123 measurements)

Over the past month, what was the primary origin of your stress?

43%

47%

9%

1%

Only worklife Mostly worklife Mostly pers. life Only pers. life Skip

### PSS Answer Distribution for Company

#### for PSS Score in range 14 - 17: In the last month, how often have you... (54 measurements)

been upset because something happened unexpectedly?	2%	20%	57%	20%	
felt that you were unable to control important things in your life?	4%	28%	56%	13%	
felt nervous and 'stressed'?	6%	20%	61%	13%	
felt confident about your ability to handle your personal problems?	2%	4%	9%	56%	30%
felt that things were going your way?	2%	2%	28%	67%	2%
felt that you could not cope with all the things you had to do?	2%	13%	69%	15%	2%
been able to control irritations in your life?	2%	4%	35%	46%	13%
felt that you were on top of things?		2%	30%	63%	6%
been angered because of things that happened that were out of your control?	6%	24%	65%	4%	2%
felt that difficulties were piling up so high that you could not overcome them?	13%	50%	33%	4%	
	Never	Almost never	Sometimes	Fairly often	Very often

### PSS Root Cause for Company

#### for PSS Score in range 14 - 17: PSS Root Cause (53 measurements)

Over the past month, what was the primary origin of your stress?

21%

21%

21%

Only worklife Mostly worklife Mostly pers. life Only pers. life Skip

### PSS Answer Distribution for Company

#### for PSS Score in range 14 - 40: In the last month, how often have you... (145 measurements)

been upset because something happened unexpectedly?	1%	11%	48%	34%	6%
felt that you were unable to control important things in your life?	2%	17%	57%	23%	1%
felt nervous and 'stressed'?	2%	10%	54%	29%	6%
felt confident about your ability to handle your personal problems?	2%	6%	29%	46%	17%
felt that things were going your way?	2%	6%	50%	40%	2%
felt that you could not cope with all the things you had to do?	1%	7%	63%	23%	6%
been able to control irritations in your life?	2%	8%	53%	31%	6%
felt that you were on top of things?	1%	4%	53%	39%	3%
been angered because of things that happened that were out of your control?	3%	18%	52%	23%	4%
felt that difficulties were piling up so high that you could not overcome them?	6%	27%	52%	14%	2%
	Never	Almost never	Sometimes	Fairly often	Very often

### **PSS Root Cause for Company**

#### for PSS Score in range 14 - 40: PSS Root Cause (144 measurements)

Over the past month, what was the primary origin of your stress?	11%	49%	34%	6%	
	Only worklife	Mostly worklife	Mostly pers. life	Only pers. life	Skip

### PSS Answer Distribution for Company

#### for PSS Score in range 18 - 27: In the last month, how often have you... (85 measurements)

been upset because something happened unexpectedly?		6%	46%	41%	7%
felt that you were unable to control important things in your life?	1%	11%	60%	28%	
felt nervous and 'stressed'?		4%	53%	40%	4%
felt confident about your ability to handle your personal problems?	2%	6%	40%	41%	11%
felt that things were going your way?	1%	7%	64%	26%	2%
felt that you could not cope with all the things you had to do?	1%	4%	62%	28%	5%
been able to control irritations in your life?	1%	8%	67%	22%	1%
felt that you were on top of things?	1%	4%	68%	26%	1%
been angered because of things that happened that were out of your control?	1%	15%	47%	33%	4%
felt that difficulties were piling up so high that you could not overcome them?	1%	13%	67%	18%	1%
	Never	Almost never	Sometimes	Fairly often	Very often





### **PSS Root Cause for Company**

for PSS Score in range 18 - 27: PSS Root Cause (85 measurements)

Over the past month, what was the primary origin of your stress?

6%

41%

7%

Only worklife Mostly worklife Mostly pers. life Only pers. life Skip

### PSS Answer Distribution for Company

#### for PSS Score in range 18 - 40: In the last month, how often have you... (91 measurements)

been upset because something happened unexpectedly?		5%	43%	42%	10%
felt that you were unable to control important things in your life?	1%	11%	57%	29%	2%
felt nervous and 'stressed'?		3%	49%	38%	9%
felt confident about your ability to handle your personal problems?	2%	8%	41%	40%	10%
felt that things were going your way?	2%	9%	63%	24%	2%
felt that you could not cope with all the things you had to do?	1%	3%	59%	29%	8%
been able to control irritations in your life?	2%	11%	64%	22%	1%
felt that you were on top of things?	2%	5%	67%	24%	1%
been angered because of things that happened that were out of your control?	1%	14%	44%	35%	5%
felt that difficulties were piling up so high that you could not overcome them?	1%	13%	63%	20%	3%
	Never	Almost never	Sometimes	Fairly often	Very often

### PSS Root Cause for Company

#### for PSS Score in range 18 - 40: PSS Root Cause (91 measurements)

Over the past month, what was the primary origin of your stress?

5%

43%

42%

10%

Only worklife Mostly worklife Mostly pers. life Only pers. life Skip

### PSS Answer Distribution for Company

for PSS Score in range 27 - 40: In the last month, how often have you... (7 measurements)

been upset because something happened unexpectedly?				43%	57%
felt that you were unable to control important things in your life?		14%	14%	43%	29%
felt nervous and 'stressed'?				29%	71%
felt confident about your ability to handle your personal problems?		29%	57%	14%	
felt that things were going your way?	14%	29%	57%		
felt that you could not cope with all the things you had to do?			14%	43%	43%
been able to control irritations in your life?	14%	43%	29%	14%	
felt that you were on top of things?	14%	29%	57%		
been angered because of things that happened that were out of your control?				71%	29%
felt that difficulties were piling up so high that you could not overcome them?		14%		57%	29%
	Never	Almost never	Sometimes	Fairly often	Very often

### PSS Root Cause for Company

for PSS Score in range 27 - 40: PSS Root Cause (7 measurements)

Over the past month, what was the primary origin of your stress?

Only worklife Mostly worklife Only pers. life Skip