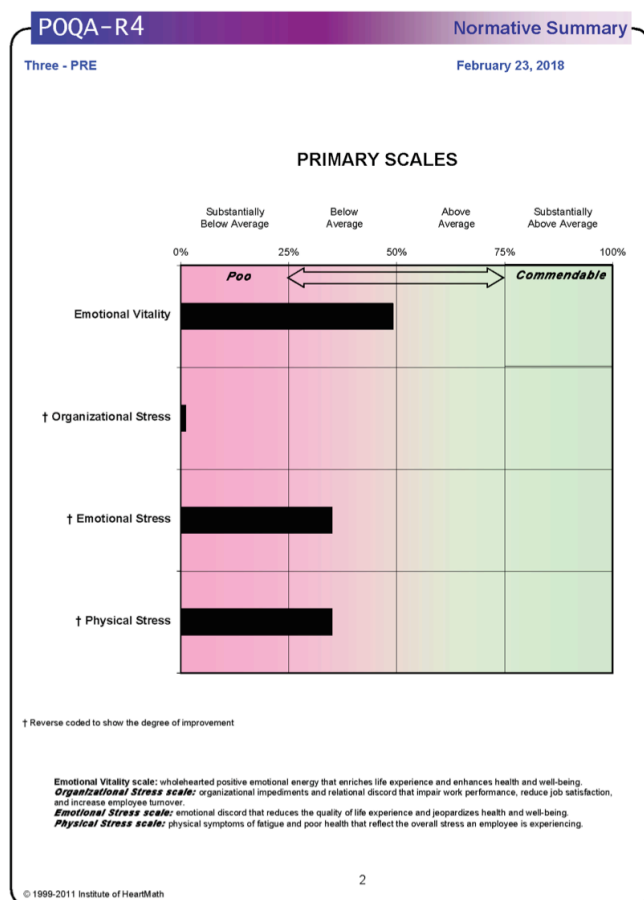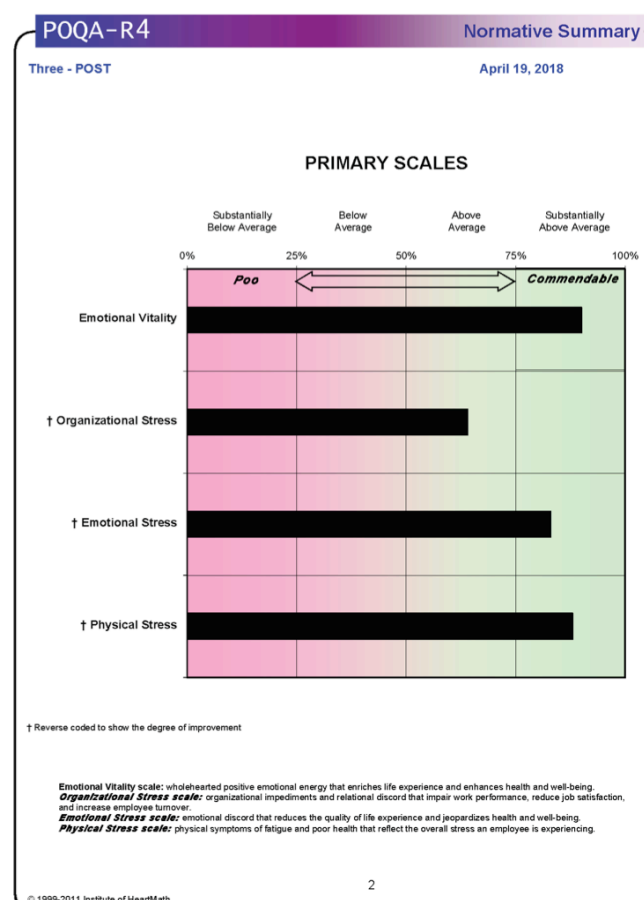# POQA sampling - 2018 Individual Pre / Post Primary Scales – participant three

| **PRE** PRIMARY SCALES | **POST** PRIMARY SCALES |
|---|---|





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POQA sampling - 2018 Individual Pre / Post Sub Scales – participant three

**PRE** SUB SCALES

**POST** SUB SCALES



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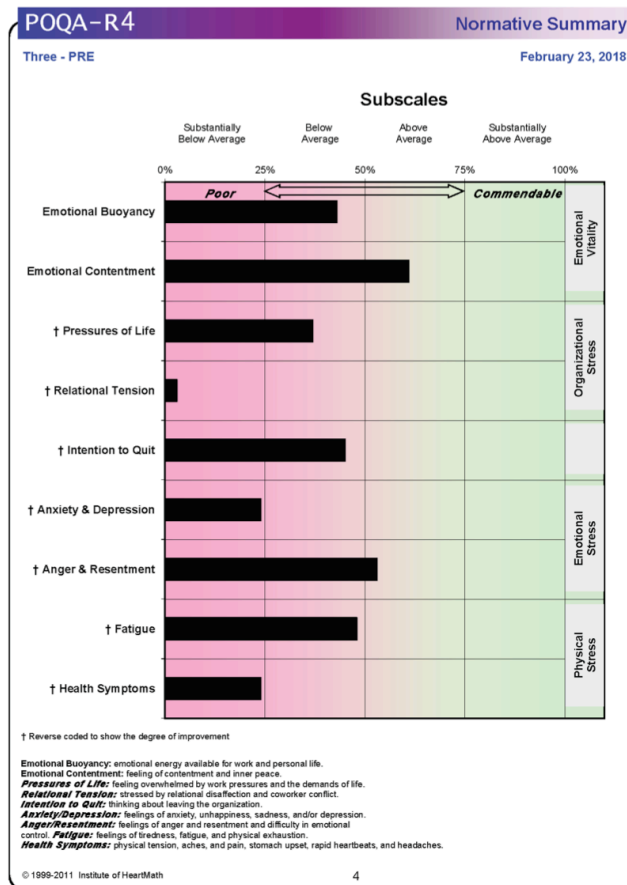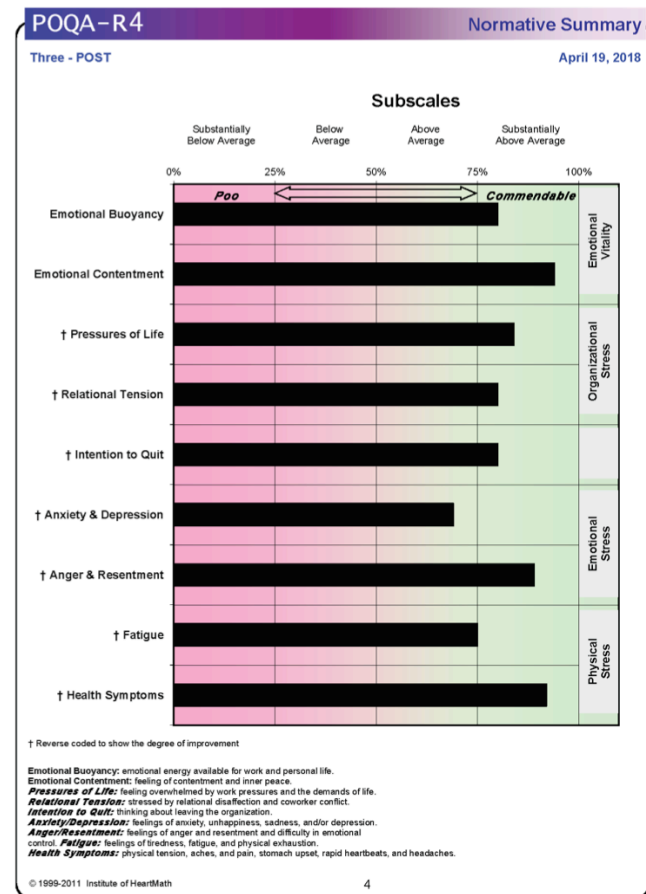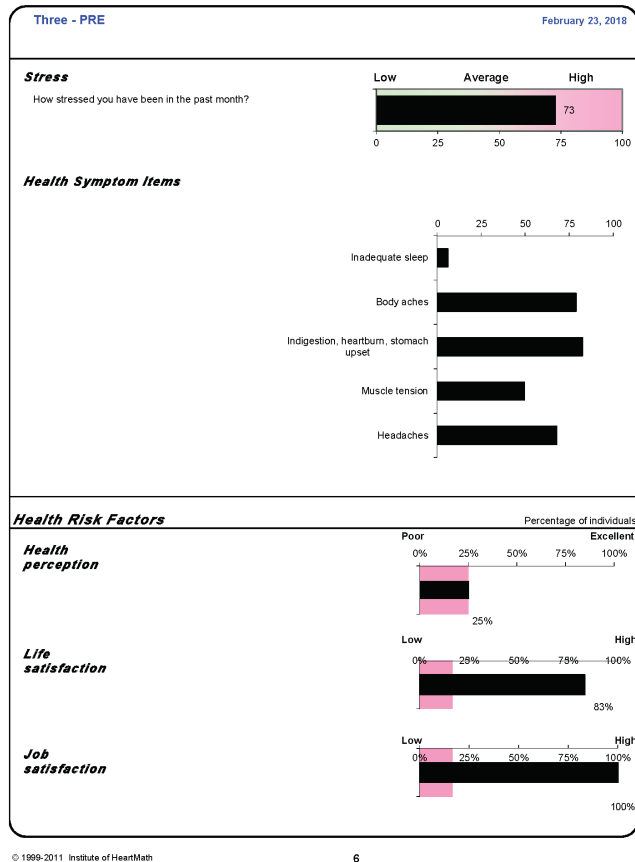
POQA sampling - 2018  Individual  Pre / Post Overall Stress & Health Risk Factors – participant three

**PRE** OVERALL STRESS & HEALTH RISK

**POST** OVERALL STESS & HEALTH RISK



**Three - PRE**                                                    February 23, 2018

**Stress**                                    Low        Average        High
How stressed you have been in the past month?
                                              0    25    50    75    100
                                                                    73

**Health Symptom Items**
                                              0    25    50    75    100
Inadequate sleep
Body aches
Indigestion, heartburn, stomach upset
Muscle tension
Headaches

**Health Risk Factors**                          Percentage of individuals
                                              Poor                   Excellent
**Health perception**                         0%   25%   50%   75%   100%
                                                  25%

                                              Low                        High
**Life satisfaction**                         0%   25%   50%   75%   100%
                                                                    83%

                                              Low                        High
**Job satisfaction**                          0%   25%   50%   75%   100%
                                                                    100%

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**Three - POST**                                                    April 19, 2018

**Stress**                                    Low        Average        High
How stressed you have been in the past month?
                                              0    25    50    75    100
                                              37

**Health Symptom Items**
                                              0    25    50    75    100
Inadequate sleep
Body aches
Indigestion, heartburn, stomach upset
Muscle tension
Headaches

**Health Risk Factors**                          Percentage of individuals
                                              Poor                   Excellent
**Health perception**                         0%   25%   50%   75%   100%
                                                                 75%

                                              Low                        High
**Life satisfaction**                         0%   25%   50%   75%   100%
                                                                    83%

                                              Low                        High
**Job satisfaction**                          0%   25%   50%   75%   100%
                                                                    100%

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