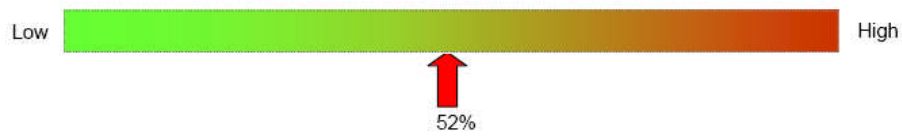


Person Stressors Percentile Scores

Eight Personal areas were assessed in the questionnaire. These results indicate how much each of these areas are a source of stress for you, compared to the normative group. If you have not received feedback on all eight areas it is because you answered "Not Applicable" to at least one of the items in the area (or areas) that you have not received feedback on.

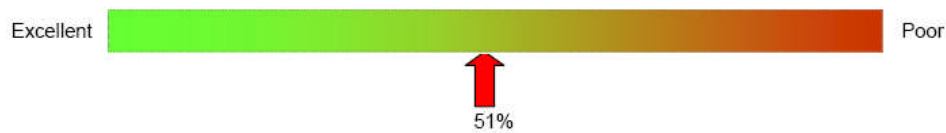
Worry

Your score in this area reflects how prone you are to worry. High scorers (worriers) are more likely to be susceptible to negative effects of stress than low scorers. If your score is above the 50th percentile you would be likely to benefit from completing our module titled 'Worry Management Techniques', and if it is above the 66th percentile you would definitely benefit from applying the worry management techniques outlined in the module.



Self Confidence

Your score in this area reflects how self confident you feel compared to the normative group. A low score on this scale reflects good levels of self confidence while high scorers lack self confidence, and this in turn makes them more susceptible to the negative effects of stress. High scorers (above the 66th percentile) would definitely benefit from watching the module titled 'Managing Our Stress Levels by Managing Our Thoughts'.



Type A/B

Your score in this area gives an indication of whether you have a type A or type B personality. High scores on this scale reflect type A personalities who are competitive, have set routines, and time everything they do. High scorers (above the 66th percentile) are more likely to experience the negative effects of stress because of the extra pressure they put themselves under.

