



## What do you do at the counseling session?



A clinical psychologist, public health nurse, etc. will ask about your current condition.

Persons whose stress levels are indicated to be very high should please schedule a counseling session.

If you do not give consent, the test and counseling session results will not be given to your boss or university.

Regardless of the results, you will not be disadvantaged at the workplace.

safe



## Medical Officer Interview

If your stress level is indicated to be very high at the counseling session, you will be sent an email with instructions. For those who would like an interview with a Medical Officer, please inform your department's "Health Affairs Management".



The results of your Medical Officer Interview will be documented and sent to your department director.

The details of the Stress Check Program at this University are available in Japanese on the "Kyoto University Faculty and Staff Portal Site" under: ファイル管理/文書共有/施設部/環境安全保健課/健康管理部門 (保健診療所) /ストレスチェック

### Stress Check URL



<https://www.hoken.kyoto-u.ac.jp/sc-en/>



If you are uncertain of something related to the Stress Check Program, please check the following address:

<https://www.hoken.kyoto-u.ac.jp/sc-en/>

ストレスチェックについて

## About the Stress Check Program

What is it for?

What is a "stress check"?



According to the "Industrial Safety and Health Act", a workplace with 50 or more employees is obligated to conduct a Stress Check Program once every year.

京都大学環境安全保健機構 健康管理部門  
Kyoto University Health Service  
Management Department

## What is a “Stress Check”?

An examination to get to know your present condition by answering simple questions about things like your job, how you’ve been for the past month, and those around you. We compile and analyze those answers to determine what kind of stress condition you are in.



## What’s it for?

If you understand your present condition, you can learn use things such as self care to deal with it.

Also, if your stress level is indicated to be very high, you can undergo a counseling session with a clinical psychologist, public health nurse, etc.

In addition, depending on the Medical Officer Interview Results, needed measures such as workload reduction or workplace improvement can be done. In this way, the Stress Check Program is a system for preventing poor mental health.

## Who is it for?

For faculty and staff (between May 1 and now) who work over 20 hours per week in one department (those with company insurance).

## Questionnaire? Results?



Just access the website and answer the questions. Results are given soon after.

You will not be able to view the results past the observation period, so we recommend you **print and save** the results.

If your stress level is indicated to be very high, please make counseling session appointment via the exclusive site.



## - Security -

This system is on a securely managed server that can **only** be accessed via the **university network (KUINS, KUINS-Air)**. Access from any other IP address is blocked.

## Stress Check Results

User ID : user2f  
Name : 女性ユーザ2  
Date and time: 2018/08/20 11:26:23

How to read the radar chart  
If the chart extends outwards and the chart area is larger, your condition is supposed to be better.

This assessment : 2018/08/20 11:26:23  
The last assessment : 2018/08/20 11:25:25

**Your “Stress Profile”**  
Your status is scored from one to five. A higher score indicates a better condition. If your score is one or two, it deserves your attention.

	Your condition	
<b>A. Job demands</b> Total: 29		
Quantitative job overload	Normal	3
Qualitative job overload	Slightly low	4
Physical demands	Slightly high	2
Interpersonal conflict	Normal	3
Poor physical environment	Slightly high	2
Job control	High	5
Skill utilization	Slightly low	2
Suitable jobs	High	5
Intrinsic reward	Normal	3
<b>B. Psychological and physical stress reactions</b> Total: 12		
Vigor	Normal	3
Anger-irritability	High	1
Fatigue	Normal	3
Anxiety	Normal	3
Depression	High	1
Physical stress reaction	High	1
<b>C. Workplace/Family support and job/family satisfaction</b> *Total: 4		
Supervisor support	Slightly low	2
Coworker support	Low	1
Support from family and friends	Low	1
Job and family satisfaction	Normal	3
*except *Job and family satisfaction		

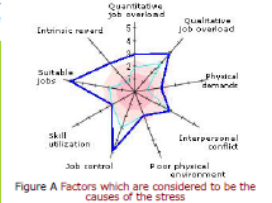


Figure A Factors which are considered to be the causes of the stress

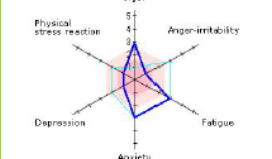


Figure B Physical and mental responses caused by the stress

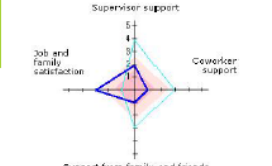


Figure C Other factors that could affect the stress responses

The stress check results are displayed as points and charts (pictured above), so it is easy for you to judge the results yourself.

Depending on the questionnaire topics, different comments will appear to help you understand the contents of the results.