

Table 2. Analysis of overall occupational stress

Variable	Survey Date	Total N=53		Friedman Test Pairwise Comparisons Sig.					
		Mean	SD	Pre-training- Immediately post- training	Pre-training- 3 months post- training	Pre-training- 1 year post-training	Immediately post- training- 3 months post- training	Immediately post- training- 1 year post-training	3 months post- training- 1 year post-training
Job control	Pre-training	7.08	2.29						
	Immediately post-training	7.51	2.19	0.31		0.04 ↓		0.23	0.784
	3 months post-training	8.00	2.10						1
	1 year post-training	7.70	2.33						1
Anger-irritability	Pre-training	5.96	2.01		1.00				
	Immediately post-training	5.60	2.02			1.000		0.01 ↑	1.00
	3 months post-training	5.91	2.42						0.001 ↑
	1 year post-training	7.11	2.55						0.006
Fatigue	Pre-training	7.06	2.60		0.73				
	Immediately post-training	6.43	2.46			1.000		0.38	1.00
	3 months post-training	6.51	2.41						0.004 ↑
	1 year post-training	7.75	2.25						0.001 ↑
Anxiety	Pre-training	7.00	2.32		0.003 ↓				
	Immediately post-training	5.75	2.25			0.100		1.000	1.00
	3 months post-training	6.02	2.21						0.07
	1 year post-training	6.75	2.06						0.23
Depression	Pre-training	10.21	4.18		1.00				
	Immediately post-training	9.94	4.02			1.00		0.08	1.00
	3 months post-training	10.08	3.70						0.04 ↑
	1 year post-training	11.77	3.90						0.03 ↑
Physical complaints	Pre-training	18.51	5.93		1.00				
	Immediately post-training	19.08	6.75			1.00		0.05	1.00
	3 months post-training	18.26	5.98						0.35
	1 year post-training	20.77	5.47						0.006 ↑

Note. The upward arrow (↑) represents a trend toward increased stress levels, while the downward arrow (↓) denotes a trend toward decreased stress levels, as assessed using the Bonferroni multiple comparisons test.