

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

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.