

Have you noticed? Your own level of stress, or mental fatigue...

Try taking a stress check

- A stress check is a **test designed for the self-care of one's mental health.**
By simply answering the questions on the questionnaire, you can determine the state of your own stress and the extent of its effects, then use the results to appropriately cope with it.
- **The results of the test are notified directly to the user** and, as a rule, are not seen by anyone else other than those involved in the test (the practitioner and office staff implementing the test).
The practitioner is a qualified individual, such as a physician or public health nurse, who conducts the stress check evaluation, and the office staff implementing the test are responsible for the clerical work, etc. under the direction of the practitioner.
Both are bound by duty of confidentiality and personal information is strictly protected.
- **Follow-up sessions are provided** for those who are determined to need them based on the results.
Upon the request of such users, they will be provided with guidance on the physician's interview.
- The results will be **aggregated and analyzed for each group in a manner that does not identify individuals, and will be used as data for ascertaining the stress situation in the workplace** and implemented for improving the level of comfort in the work environment.

The stress checks are conducted under the **Stress Check System stipulated in Article 66-10 of the Industrial Safety and Health Act.**

Although not mandatory, you are encouraged to actively take the test for your own stress management and to improve the level of mental health of the entire workplace.

<Article 66-10 of the Industrial Safety and Health Act>

Business operators shall conduct inspections of their workers to ascertain the degree of their psychological burden by employing a physician, public health nurse, or other person designated by the Ministry of Health, Labour and Welfare, as specified by said Ministry.

Firstly, understand the above objective and how personal information is handled, and those who undergo a stress check should read
“Points to bear in mind when filling out the questionnaire”
on the reverse side of this form prior to filling out the Stress Check Questionnaire.

**To the
reverse
side**

Stress Check Questionnaire:

Important Notes When Completing and Submitting Your Information

- Use a pencil (or mechanical pencil) to answer the questions.

Refrain from using a ballpoint pen.

- To answer each question, select the **one** that is the most applicable and mark the sheet appropriately.

- Answers must be clearly marked within the box.

*** Examples of how to mark an answer**

Correct example



Incorrect example



- Incomplete answers, incorrectly filled-in fields, or multiple answers will not produce accurate results. Make sure to review your answers prior to submission.

*** Questions left unanswered, will automatically be marked as the “worst” option.**

*** If more than one answer has been marked, the "bad" option is automatically selected.**

- Please submit the answered form in the sealed envelope.

- Do not fold the form when putting it in the envelope. Mistakes may occur when the Scantrons are scanned.

Stress checks from this questionnaire will be conducted by the Saga Occupational Health Association on consignment.

- When conducting the stress checks, the Association will endeavor to take all possible measures to protect personal information by limiting the handling of data to staff who conduct and administer the checks, and by enhancing security to protect personal information from unauthorized use, leakage, and loss.
 - In principle, data such as responses to the questionnaire and subsequent results will only be used for procedures related to the stress check system, such as stress checks and guidance for the interview. However, it may be used for academic research for the improvement of public health, etc., or provided to users as aggregated data that does not identify individuals.
- * At the end of the questionnaire, there is a box to confirm consent to the provision of data for academic research and other purposes. Data from non-consenting individuals will not be used for the above purposes.**