

Number of employees invited to participate: 8
Number of employees who participated: 8
Response rate: 100.00%
Date of Survey: 04/03/2022 to 09/03/2022

Company iWorkHealth Lite Report

Thank you for using iWorkHealth, a psychosocial health assessment tool to identify workplace stressors. iWorkHealth is developed by Singapore’s Workplace Safety and Health Institute in partnership with the Workplace Safety and Health Council, Institute of Mental Health, Changi General Hospital, and Health Promotion Board.

In this report, you will find the consolidated results of employees in your company who have responded to the iWorkHealth Lite survey. We hope this report will inform you of the state of psychosocial well-being in your workplace, as well as suggestions on interventions which you can put in place to foster psychosocial well-being of your employees.

SECTION I: WORK STRESS, WORK-RELATED BURNOUT AND DEPRESSION

Work stress is a person’s response when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope.

Burnout is the state of physical and psychological fatigue and exhaustion, which is perceived as related to his/her work.

	% of Respondents in Your Company
Experiencing symptoms of work stress over the past 4 weeks	60.00%
Feeling burnout from work over past 4 weeks	30.00%
Feeling depressed over past 2 weeks	10.00%

Note: The results for this section is not to establish a final diagnosis or to monitor burnout severity, but taken as the first step to identify burnout/depression.

Analysis:

- Your employees generally feel stressed. To help your employees improve their emotional health, provide training for them to cope with stress.
- Your employees generally feel stressed and experience difficulty coping with life’s challenges.
- Most of your employees have good mental health.

SECTION II: WORKPLACE HARASSMENT

Workplace harassment occurs when one party at the workplace demonstrates behaviour that causes or is likely to cause harassment, alarm or distress to another party. Workplace harassment can be carried out by co-workers at any level of the organisation and by external parties e.g. contractors, customers, patients. It can occur through different modes of communication, such as face-to-face, email, text messaging or social media.

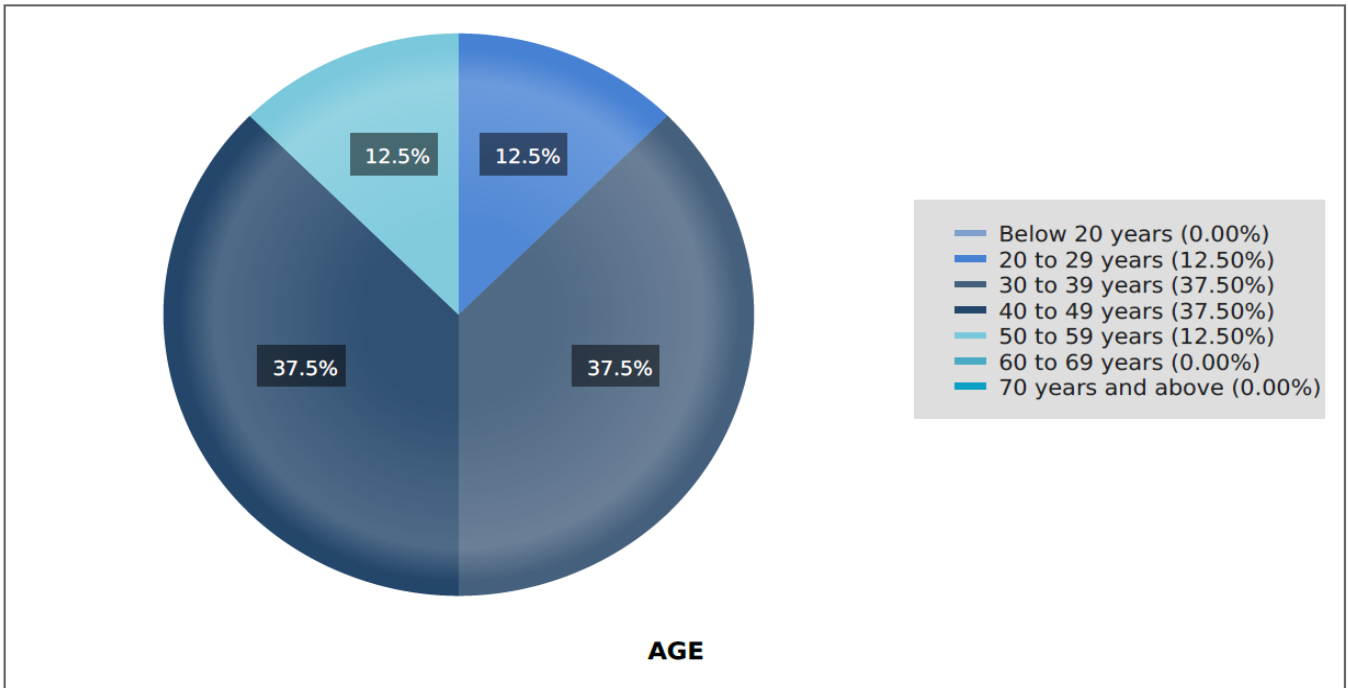
	% of Respondents in Your Department
Employees who experienced workplace harassment over past 1 year	25.00%

Analysis:

- Some of your staff have been harassed at work.
You should inform employees on the measures in place to prevent harassment at the workplace. For information on how to protect your employees, please refer to [Tripartite Advisory on Managing Workplace Harassment](#). Alternatively, approach TAFEP for assistance regarding workplace harassment.

SECTION III: PROFILE OF RESPONDENTS

• **AGE**



We hope that these findings will help you make your company a great workplace for your employees. For more recommendations on organisational and individual level strategies to manage the work stressors and improve the mental well-being of your employees, please refer to the [link](#) or QR code.



Disclaimer: The report is not intended to be, and should not be used for medical diagnostic or treatment purposes. It is not a substitute for medical advice on your employees' state of health.

THANK YOU