

Client Stress Reduction Effect Measurement

Independent study performed by Soffos in the Netherlands in 2020

Research firm Soffos specialises in measuring the effectiveness of (medical)
treatment methods

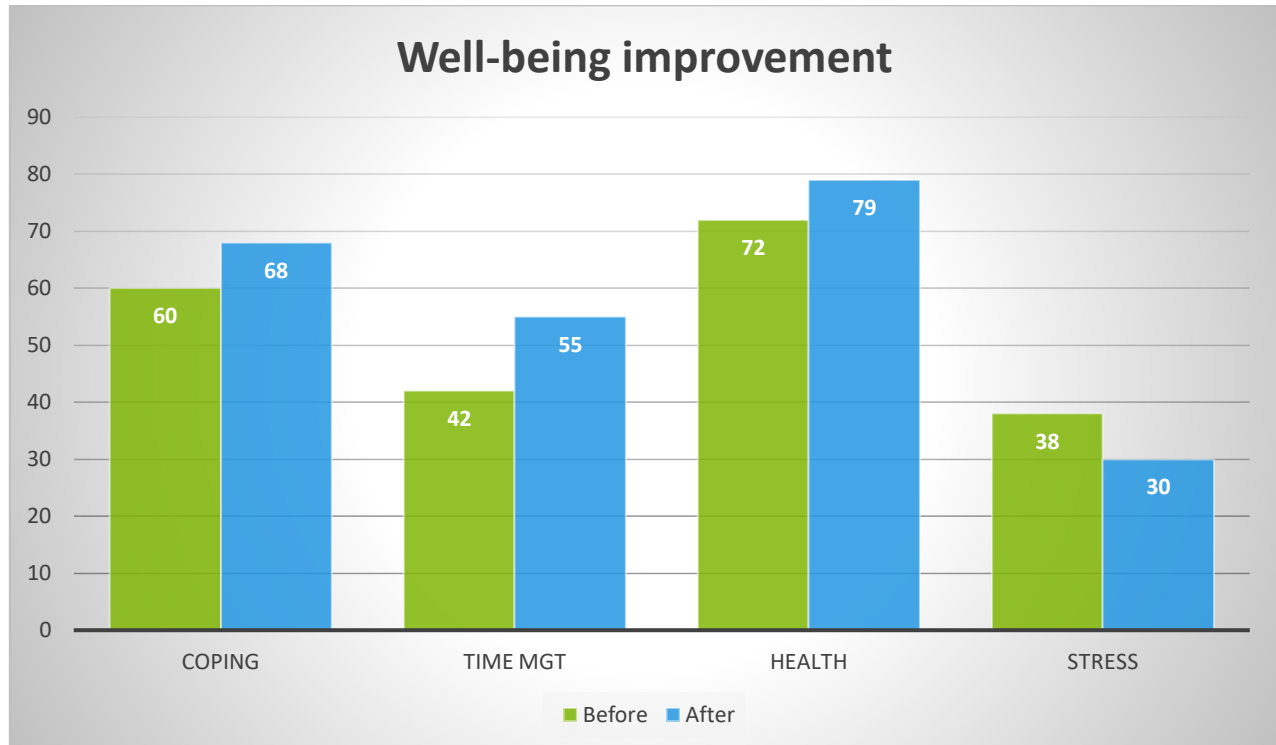


Summary of Results

The analysis of 143 clients who underwent Psyray / Kalmoa based coaching, using the Stress-REM42 questionnaire reveals significant improvements in all measured dimensions between the initial (T1) and final (T2) assessments:

- **Coping:** Improved by an average of 8 percentage points.
- **Time Management:** Showed the most significant improvement with an increase of 13 percentage points.
- **Health:** Increased by 7 percentage points.
- **Stress:** Decreased by 8 percentage points on average.

These results indicate substantial benefits of Psyray / Kalmoa based coaching, with statistically significant improvements ($p = 0.000$) in all measured dimensions.



Test results

T1 and T2 Outcomes Analysis

Dimension	T1_ Min	T1_ Avg	T1_ Max	T2_ Min	T2_ Avg	T2_ Max	Diff. Min	Diff. Avg	Diff. Max
Coping	34	60	88	33	68	88	-1	8	0
Time Mgt	7	42	92	21	55	93	14	13	1
Health	30	72	91	53	79	97	23	7	6
Stress	18	38	65	8	30	60	-10	-8	-5

The analysis of outcomes reveals the following:

Overall Improvements:

- **Average Improvement:** +5 points across all dimensions.
- **Minimum Scores:** Improved by an average of +6.5 points, indicating substantial uplift in the lowest-performing areas.
- **Maximum Scores:** Improved by an average of +0.5 points, showing more limited progress among the top scores.

Key Highlights:

- **Largest Minimum Improvement:** The "Health" dimension saw the most significant improvement in minimum scores, with an increase of +23 points.
- **Largest Average Improvement:** The "Time Management" dimension experienced the greatest average improvement, rising by +13 points.
- **Largest Maximum Improvement:** Again, "Health" showed the largest gain among maximum scores, improving by +6 points.

Definitions

Coping

The Coping dimension encompasses a multitude of aspects all related to how a person copes with stress. The literature identifies four major ways of coping with stress: direct action, palliating, trying to predict the stress triggering events and trying to gain control over it. The items in the stress REM42 address all four ways. We speak of successful coping when stress eventually decreases.

Time management

People under pressure often have an abnormal perception of time. Time moves faster or slower than is actually true. This sometimes makes people feel quite stressed, which in turn leads to difficulties in planning tasks. The Time Management dimension includes as many as possible those aspects of time management that affect stress or stress reduction. Thus, it does not cover all aspects of time management.

Health

The Health dimension includes a collection of aspects related to both physical well-being and psychological well-being. In normal stress situations, our body can react considerably. Stress has a great influence on psychological functioning as well as on our behavior. Those normal stress symptoms become important signals when they become too many, when they continue even after the stress situation has ended, and when we suffer from them continuously or very regularly. The same stress situation does not lead to the same stress reaction in all people because each person interprets the stress situations he faces in his own way. The questions belonging to the Health dimension cover as much as possible the physical and psychological aspects that influence Health under stress. Whether stress is experienced as negative or not is largely related to the mental judgment people have about an event.

Stress

The dimension Total Stress Score provides insight into the extent to which a client is able to cope with stress without it having a negative impact on physical and psychological condition or quality of life. Overall, this dimension is based on how the perception of stress is reduced using the coaching technique applied. The premise here is that stress as such is part of daily life and cannot be eliminated.