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SGPS 9105A: UNITED WAY COUNSELLING PROGRAMS

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Counselling Programs

Anova, Daya, JHS

Survey report

In this report

01 Background

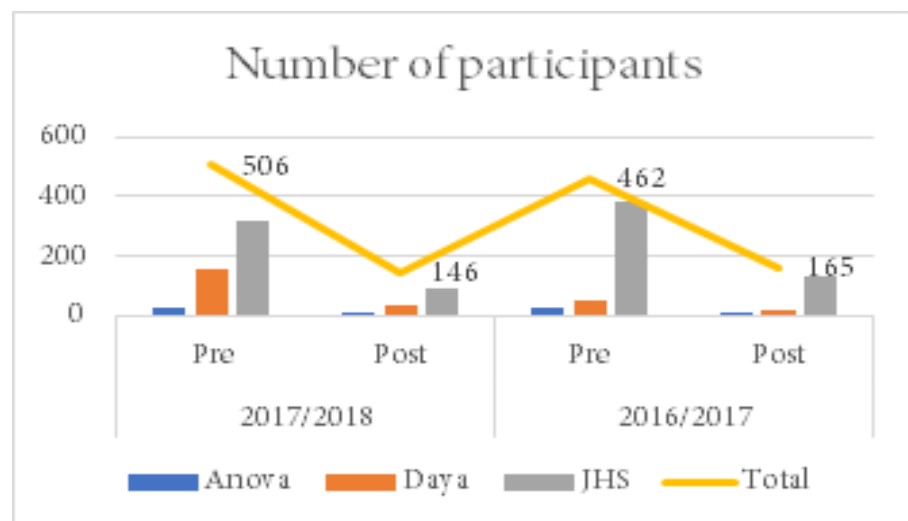
02 Key findings

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01 Background

In the efforts to build strong communities and promote well-being for community members, three Counselling Programs (Anova, Daya, JHS) were organized by United Way. This report is an assessment of the effectiveness of the program using the Program survey conducted both before and after the counseling sessions.

This year, there was an increase in the number of people taking the pre-program survey with 506 people against 462 of last year. In contrast, the number for the post-program survey for 2017/2018 saw a slightly decrease compared to last year. This is partly because some of the participants have not completed the intervention and some dropped out of the program.



02 Key findings

In general, when comparing the results between the previous year and this year, and the Program Survey data for pre and post intervention, the data show similar results between the 2 years but services provided by these three organizations were more effective during year 2017/2018.

Based on the questions in the survey, the outcomes can be classified into two categories:

- Community/workplace engagement
- Personal well-being



Engagement



Well-being



Community Engagement

To evaluate the effectiveness of the program on the relationship of the participants with the community where they work and live together, different parameters are considered:

- How well/happily they get along with other people
- Whether they are unhappy or have disagreements in the relationship, in their workplace or family
- Do they have troubles/difficulties at school/work/family

The data show positive results after intervention for both years with a similar result.

Key findings for 2017/2018 comparing Pre and Post Program survey.



24.5% increased to **33%**

Participants demonstrated improvements in being frequently happy and satisfied when they are in the relationship with other people

22.1% dropped to **15.1%**

Participants had less unhappy moments or disagreements/arguments with other people.



14.9% dropped to **8.2%**

Participants frequently had less trouble or difficulty in the workplace.



Personal well-being

In term of Personal well-being, the questions focus on:

- The positive feeling when being loved, in doing things in spare time or in the workplace
- Stressful situations
- Concerned or anxious feeling at the workplace, in a personal relationship

Like the Engagement session, Personal well-being also shows positive results for both years.

Key findings for 2017/2018 comparing Pre and Post Program survey.



23.8% up to **35.8%**
of participants replied "I am loved and
wanted" frequently

The programs helped the participants to be
happier

26.4% dropped to **8.7%**
of participants said "I feel lonely" frequently

Participants had fewer experiences of loneliness,
stress or angry situations in the workplace or a
personal relationship



14% increased to **34.6%**
of participants rarely felt "I used to work better"

Participants demonstrated that they were more
carefree, less worried about work and family
problems



03 Detailed results

Community Engagement

Q1: I get along well with other people

Based on the results, for year 2016/2017, before participating in the program, 40.5 % of participants got along well with other people frequently. This ratio increased for year 2017/2018 to 41%. Also, a comparison between pre-study results and post-study results showed that participating in the program was more effective and helpful in year 2017/2018.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0.0	0.0	0.0	0.0	0.0	33.3	50.0	44.5	50.0	22.2
	17/18	0.0	0.0	4.8	0.0	23.8	33.3	47.6	0.0	23.8	66.7
Daya	16/17	0.0	0.0	0.0	0.0	11.8	23.8	45.1	33.3	43.1	42.9
	17/18	0.6	0.0	3.2	5.1	19.6	23.1	32.3	38.5	44.3	33.3
JHS	16/17	1.5	0.0	7.7	0.8	17.5	22.8	33.2	38.2	40.1	38.2
	17/18	1.8	0.0	9.2	0.0	16.9	18.8	31.6	35.4	40.5	45.8
Total	16/17	1.4	0	6.8	0.6	16.7	23.6	34.7	37.9	40.5	37.9
	17/18	1.4	0	7.1	1.4	18	20.3	32.5	35.5	41	42.8

Q18: I am happy with my relationships with other people

Based on the results, for year 2016/2017, before participating in the program, 25.9% of participants were happy with other people frequently. The number for year 2017/2018 was 23.4%. But after the intervention, the number for 2017/2018 was higher at 39.9% compared to 2016/2017 at 38.9%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	0	0	0	25	44.5	25	44.5	50	11
	17/18	4.8	0	19	0	38.1	66.7	28.6	0	9.5	33.3
Daya	16/17	2	4.6	17.6	13.6	39.2	22.7	27.5	40.9	13.7	18.2
	17/18	3.2	55.1	10.9	7.7	51.3	33.3	22.4	41.1	12.2	12.8
JHS	16/17	7.8	1.5	14.5	11.5	31.4	22.1	25.6	38.2	20.7	26.7
	17/18	9.3	2.1	15.2	8.3	29.7	19.8	23.5	40.6	22.3	29.2
Total	16/17	7.0	1.9	14.7	11.1	32.2	23.5	25.9	38.9	20.2	24.7
	17/18	7.2	2.9	14.0	8.0	36.8	24.6	23.4	39.9	18.6	24.6

Q15: I believe my love relationships are satisfying and complete

Based on the results, for year 2016/2017, before participating in the program, 23.6% of participants were satisfying with their love frequently. The number for year 2017/2018 was 18.2%. After the intervention, 2017/2018 increased by 15% while this number for 2016/2017 was 10.6%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	25	25	0	0	12.5	0	12.5	75	50
	17/18	20	0	45	0	25	33.3	0	33.3	10	33.3
Daya	16/17	8	25	30	10	28	30	24	10	10	25
	17/18	17.7	8.1	24.5	13.5	32.6	46	14.3	21.6	10.9	10.8
JHS	16/17	10.1	6.9	24.6	10	28	26.2	23.8	39.2	13.5	17.7
	17/18	11.2	7.4	25.2	8.4	27.3	24.2	21.1	37.9	15.2	22.1
Total	16/17	9.8	10.1	25.2	9.5	27.7	25.9	23.6	34.2	13.6	20.3
	17/18	13.5	7.4	25.8	9.6	28.8	30.4	18.2	33.3	13.7	19.3

Q3: I feel unhappy in my important relationship

Based on the results, for year 2016/2017, before participating in the program, 39.9% of participants were sometimes unhappy with their important relationships. This ratio increased for year 2017/2018 to 40.2%. Also, a comparison between pre-study results and post-study results showed that participating in the program was effective and helpful in year 2017/2018.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	25	57.1	50	14.3	0	14.3	25	0	0	14.3
	17/18	4.8	33.3	23.8	33.3	42.8	33.3	14.3	0	14.3	0
Daya	16/17	7.8	16.7	17.7	16.7	52.9	33.2	15.7	16.7	5.9	16.7
	17/18	11	16.2	15.7	24.3	41.8	46	19.2	13.5	12.3	0
JHS	16/17	16.7	23.1	23.7	30.8	38.5	27.7	12.3	13.8	8.8	4.6
	17/18	19	28.4	22.1	31.6	39.3	25.3	11.2	8.4	8.4	6.3
Total	16/17	15.7	23.9	23.2	28.4	39.9	27.7	12.8	13.5	8.4	6.5
	17/18	16.0	25.2	20.3	29.6	40.2	31.1	13.7	9.6	9.8	4.4

Q8: I often have arguments

Based on the results, for year 2016/2017, before participating in the program, 38% of participants rarely had arguments. This ratio increased for year 2017/2018 to 38.6%. Also, a comparison between pre-study results and post-study results shows that participating in the program was more effective and helpful in year 2017/2018.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	25	11.1	25	11.1	25	55.6	25	22.2	0	0
	17/18	4.8	0	52.4	33.3	19	33.3	9.5	0	14.3	33.3
Daya	16/17	6	4.5	42	45.5	30	40.9	20	9.1	2	0
	17/18	7.8	7.7	39.6	53.8	35.7	28.2	11.1	7.7	5.8	2.6
JHS	16/17	8.3	15.3	37.5	44.3	29.3	30.5	21	6.1	3.9	3.8
	17/18	9	18.8	37.1	45.8	28.8	32.3	20.7	2.1	4.4	1
Total	16/17	8.2	13.6	38.0	42.6	29.3	33.3	20.9	7.4	3.6	3.1
	17/18	8.4	15.2	38.6	47.8	30.5	31.2	17.3	3.6	5.2	2.2

Q17. I have more disagreements at work/school than I should.

Based on the results, for year 2016/2017, before participating in the program, 29.8% of participants rarely had disagreements at work/school. This ratio for year 2017/2018 was 28.4%. After the intervention, 2017/2018 increased by 8.9% while this number for 2016/2017 was 4.6%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	33.3	55.6	33.3	11.1	33.3	22.2	0	11.1	0	0
	17/18	42	66.7	31.6	0	5.3	0	15.8	33.3	5.3	0
Daya	16/17	37	40	41.3	25	10.9	30	6.5	5	4.3	0
	17/18	47	57.1	28.7	22.9	14.7	20	5.9	0	3.7	0
JHS	16/17	31	40.5	28.4	37.4	23.6	16	14.6	5.3	2.4	0.8
	17/18	32.5	41.7	28	43.7	22	11.4	14.6	2.1	2.9	1.1
Total	16/17	31.7	41.3	29.8	34.4	22.3	18.1	13.6	5.6	2.6	0.6
	17/18	37.1	46.3	28.4	37.3	19.2	13.4	12.2	2.2	3.2	0.7

Q11: I become annoyed with people who criticize my drinking and drug use

Based on the results, for year 2016/2017, before participating in the program, 58.4 % of participants were never annoyed with people who criticize their drinking or drug use. This ratio increased for year 2017/2018 to 60.5%. After the intervention, 2017/2018 increased by 11.6% while this number for 2016/2017 was 6.4%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	100	85.7	0	0	0	14.3	0	0	0	0
	17/18	66.6	100	9.5	0	14.3	0	4.8	0	4.8	0
Daya	16/17	83.7	71.4	6.1	9.5	4.1	14.3	4.1	0	2	4.8
	17/18	71.1	78.4	6.7	13.5	13.4	8.1	6.1	0	2.7	0
JHS	16/17	54.7	62.5	15	19.1	20	9.2	5.3	9.2	5	0
	17/18	55.1	68.8	14.2	16.6	20.5	7.3	5.1	7.3	5.1	0
Total	16/17	58.4	64.8	13.9	17.0	18.0	10.1	5.1	7.5	4.6	0.6
	17/18	60.5	72.1	11.7	15.4	18.1	7.4	5.3	5.1	4.3	0.0

Q13: I have a difficult time getting along with friends and close relationship

Based on the results, for year 2016/2017, before participating in the program, 29.8% of participants rarely had difficult time getting along with friends and close relationship. This ratio for year 2017/2018 was 25.6%. After the intervention, 2017/2018 increased by 7.5% while this number for 2016/2017 was 4%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	25	12.5	0	37.5	75	25	0	12.5	0	12.5
	17/18	14.2	66.7	28.6	0	38.1	33.3	4.8	0	14.3	0
Daya	16/17	17.6	22.7	49.1	22.7	15.7	40.9	13.7	9.1	3.9	4.6
	17/18	22.6	18.4	23.3	26.3	37.7	34.3	10.1	10.5	6.3	10.5
JHS	16/17	22.9	30.8	27.6	35.4	29.6	26.9	17.3	6.9	2.6	0
	17/18	24.1	35.8	26.5	36.8	28.1	23.2	18.8	4.2	2.5	0
Total	16/17	22.3	28.8	29.8	33.8	28.4	28.8	16.7	7.5	2.7	1.3
	17/18	23.2	31.6	25.6	33.1	31.5	26.5	15.5	5.9	4.2	2.9

Q14: I have trouble at work/school due to drinking or drug use

Based on the results, for year 2016/2017, before participating in the program, 66% of participants never had trouble at work/school due to drinking or drug use. This ratio increased for year 2017/2018 to 69.8%. Also, a comparison between pre-study results and post-study results showed that participating in the program was effective and helpful in year 2017/2018.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	100	85.7	0	0	0	14.3	0	0	0	0
	17/18	85.7	100	9.5	0	4.8	0	0	0	0	0
Daya	16/17	89.6	95.2	4.2	0	4.2	4.8	0	0	2	0
	17/18	84.8	91.9	6.2	2.7	5.5	5.4	2.8	0	0.7	0
JHS	16/17	62.7	71.7	10.1	19.1	16.7	6.1	7.9	3.1	2.6	0
	17/18	61.8	78.1	9.9	17.7	17.2	1.1	8	3.1	3.1	0
Total	16/17	66.0	75.5	9.3	15.7	15.1	6.3	7.0	2.5	2.6	0.0
	17/18	69.8	82.4	8.8	13.2	13.1	2.2	6.0	2.2	2.3	0.0

Personal well-being

Q9: I am loved and wanted

Based on the results, for year 2016/2017, before participating in the program, 21.8% of participants felt being loved and wanted frequently. The number for year 2017/2018 was 23.8%. After the intervention, 2017/2018 increased by 12% while this number for 2016/2017 was 10.3%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	22.2	0	0	25	22.2	0	11.1	75	44.5
	17/18	0	0	14.3	0	61.9	33.3	23.8	0	0	66.7
Daya	16/17	0	0	17.6	18.2	31.4	22.7	23.5	13.6	27.5	45.5
	17/18	3.9	5.3	9.7	7.9	37.7	36.8	29.9	28.9	18.8	21.1
JHS	16/17	12.6	0.8	13.1	9.9	26.5	29	21.8	36.6	26	23.7
	17/18	13.2	1	13.8	6.2	25.5	29.2	21	39.6	26.5	24
Total	16/17	11.0	1.9	13.5	10.5	27.0	27.8	21.8	32.1	26.6	27.8
	17/18	9.8	2.2	12.6	6.6	30.8	31.4	23.8	35.8	23.0	24.1

Q10: I like doing things in my spare time

Based on the results, for year 2016/2017, before participating in the program, 27.1% of participants liked doing things in their spare time frequently. The number for year 2017/2018 was 25.1%. After the intervention, 2017/2018 increased by 12.4% while this number for 2016/2017 was 2.7%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	11.1	25	11.1	25	44.5	50	0	0	33.3
	17/18	4.8	0	19	0	42.9	33.3	19	33.3	14.3	33.3
Daya	16/17	2	0	10	4.5	26	27.3	34	27.3	28	40.9
	17/18	2.6	0	14.1	10.5	33.3	31.6	26.3	36.8	23.7	21.1
JHS	16/17	4.4	0	16	6.9	24.5	33.1	26	32.3	29.1	27.7
	17/18	4.6	0	16.1	4.2	25	29.5	25	37.9	29.4	28.4
Total	16/17	4.1	0.6	15.4	6.8	24.7	32.9	27.1	29.8	28.7	29.8
	17/18	4.0	0.0	15.6	5.9	28.3	30.1	25.1	37.5	26.9	26.5

Q4: I think my work/school is satisfying

Based on the results, for year 2016/2017, before participating in the program, 33.1% of participants were sometimes satisfied with their work/school. The number for year 2017/2018 was 32%. After the intervention, 2017/2018 increased by 6.6% while this number for 2016/2017 was 1.5%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	0	0	22.3	33.3	33.3	66.7	22.2	0	22.2
	17/18	5.9	0	29.4	0	35.3	33.3	23.5	33.3	5.9	33.3
Daya	16/17	8.7	10.5	17.4	5.3	34.8	31.6	28.3	31.6	10.9	21
	17/18	14.5	6.1	18.1	18.2	31.2	33.3	22.5	27.3	13.7	15.1
JHS	16/17	18.6	6.1	18	13	32.9	35.1	18.6	22.1	11.9	23.7
	17/18	20.7	5.2	16.9	7.3	32.1	40.6	18.2	20.8	12.1	26.1
Total	16/17	17.4	6.3	17.8	12.6	33.1	34.6	20.0	23.3	11.7	23.3
	17/18	18.3	5.3	17.7	9.8	32.0	38.6	19.6	22.7	12.4	23.5

Q7: I am lonely

Based on the results, for year 2016/2017, before participating in the program, 30 % of participants sometimes felt lonely. This ratio decreased for year 2017/2018 to 29.2%. Also, a comparison between pre-study results and post-study results showed that participating in the program was more effective and helpful in year 2017/2018.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	25	11.1	25	11.1	25	44.5	25	0	0	33.3
	17/18	0	0	4.8	33.3	28.6	66.7	33.3	0	33.3	0
Daya	16/17	0	0	11.8	13.6	47.1	45.5	23.5	27.3	17.6	13.6
	17/18	7	7.7	9.5	25.6	34.2	33.3	25.3	18	24	15.4
JHS	16/17	16.2	23.7	19.3	27.5	27.8	27.5	25.4	9.1	11.3	12.2
	17/18	18.8	26.1	16.9	27.1	26.7	31.2	26.5	5.2	11.1	10.4
Total	16/17	14.4	19.8	18.5	24.7	30.0	30.9	25.2	11.1	11.9	13.6
	17/18	14.3	20.3	14.1	26.8	29.2	32.6	26.4	8.7	16.1	11.6

Q2: I am stressed when I am at work/school

Based on the results, for year 2016/2017, before participating in the program, 17.2% of participants were rarely stressed when they were at work/school. This ratio for year 2017/2018 was 16.1%. After the intervention, 2017/2018 increased by 17.5% while this number for 2016/2017 was 18.8%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0.0	0.0	0.0	22.2	33.3	44.5	33.3	11.1	33.3	22.2
	17/18	10.5	0.0	10.5	33.3	10.5	33.3	31.6	33.3	36.9	0.0
Daya	16/17	10.6	9.5	8.5	19.1	40.4	38.1	27.7	19.0	12.8	14.3
	17/18	4.8	5.3	13.8	5.3	40.0	47.4	22.1	26.3	19.3	15.7
JHS	16/17	10.1	6.9	18.4	39.7	36.4	33.6	23.4	16.0	11.7	3.8
	17/18	11.8	8.3	17.5	44.8	36.1	32.3	23.7	9.4	10.9	5.2
Total	16/17	10.1	6.8	17.2	36.0	36.8	34.8	23.9	16.1	12.0	6.2
	17/18	9.7	7.3	16.1	33.6	36.3	36.5	23.5	14.6	14.4	8.0

Q19: I am angry enough at work/school to do something I might regret

Based on the results, for year 2016/2017, before participating in the program, 48.6% of participants were never angry enough at work/school to do something he/she might regret. This ratio for year 2017/2018 was 52.5%. After the intervention, 2017/2018 increased by 11.5% while this number for 2016/2017 was 7.7%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	16.7	44.5	33.3	0	0	22.2	0	11.1	0	22.2
	17/18	55.6	66.7	11	0	27.8	0	5.6	33.3	0	0
Daya	16/17	55.3	60	27.7	20	10.6	15	4.3	5	2.1	0
	17/18	62.7	70.3	19	16.2	14.8	8.1	3.5	2.7	0	2.7
JHS	16/17	47.6	56.5	19.1	22.9	18.6	19.8	13.6	0	1.1	0.8
	17/18	47.8	61.4	17.6	24	18.9	13.5	14.8	0	0.9	1.1
Total	16/17	48.6	56.3	20.1	21.3	17.6	19.4	12.5	1.3	1.2	1.9
	17/18	52.5	64.0	17.8	21.3	18.0	11.8	11.1	1.5	0.6	1.5

Q16: I think that I am not doing well at work/school

Based on the results, for year 2016/2017, before participating in the program, 18.7% of participants rarely thought that he/she was not doing well at work/school. This ratio for year 2017/2018 was 17.9%. After the intervention, 2017/2018 increased by 15.7% while this number for 2016/2017 was 11.2%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	50	0	0	100	12.5	0	25	0	12.5
	17/18	10.5	66.7	21.1	0	36.8	0	26.3	33.3	5.3	0
Daya	16/17	22.2	15	8.9	10	33.3	20	26.7	40	8.9	15
	17/18	23	27.8	14.4	27.8	33.1	27.8	15.8	11.1	13.7	5.5
JHS	16/17	28.3	25.6	20	34.9	28.8	27.1	16.8	8.5	6.1	3.9
	17/18	28.9	24.2	19.2	36.8	27.9	25.3	17.6	9.5	6.4	4.2
Total	16/17	27.4	25.5	18.7	29.9	29.8	25.5	17.7	13.4	6.4	5.7
	17/18	26.4	26.1	17.9	33.6	29.8	25.4	17.4	10.4	8.5	4.5

Q5: I work/study more than needed

Based on the results, for year 2016/2017, before participating in the program, 21.8% of participants rarely thought that they worked/studied more than needed. This ratio for year 2017/2018 was 22.8%. After the intervention, 2017/2018 increased by 11.1% while this number for 2016/2017 was 14.6%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	33.3	44.5	33.3	11.1	0	11.1	33.3	11.1	0	22.2
	17/18	27.8	33.3	27.8	0	22.2	66.7	22.2	0	0	0
Daya	16/17	18.2	10.6	38.6	31.6	25	15.8	9.1	21	9.1	21
	17/18	22.3	27.3	30.2	39.4	29.5	9.1	9.4	9.1	8.6	15.1
JHS	16/17	25.8	13.1	19.7	34.6	30.3	36.1	12.1	10.8	12.1	5.4
	17/18	27.1	13.7	19.2	37.9	30.4	34.7	10.4	7.4	12.9	6.3
Total	16/17	25.1	14.6	21.8	32.9	29.5	32.3	11.9	12	11.7	8.2
	17/18	25.7	17.6	22.8	37.4	29.7	29	10.5	7.6	11.2	8.4

Q6: I feel concerned about problems in my family

Based on the results, for year 2016/2017, before participating in the program, 14% of participants were rarely concerned about problems in my family. This ratio for year 2017/2018 is 11.9%. After the intervention, 2017/2018 increased by 16.8% while this number for 2016/2017 was 10.7%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	0	25	11.1	25	33.3	25	11.1	25	44.5
	17/18	0	0	20	33.3	35	33.3	10	33.3	35	0
Daya	16/17	4	4.5	10	4.5	24	27.3	32	41	30	22.7
	17/18	7	5.4	7.6	19	25.5	37.8	30.6	29.7	29.3	8.1
JHS	16/17	10.2	6.1	14.3	29	30	31.3	31.1	18.3	14.4	15.3
	17/18	11.4	6.3	13.5	32.3	29.1	36.4	31.6	16.7	14.4	8.3
Total	16/17	9.5	5.6	14.0	24.7	29.3	30.9	31.1	21.0	16.2	17.9
	17/18	9.5	5.9	11.9	28.7	28.2	36.8	30.4	20.6	19.9	8.1

Q12: I used to work/study better than I do now

Based on the results, for year 2016/2017, before participating in the program, 16% of participants rarely thought he or she used to work/study better than now. This ratio for year 2017/2018 was 14%. After the intervention, 2017/2018 increased by 20.6% while this number for 2016/2017 was 17.3%.

Organization	Year	Never		Rarely		Sometimes		Frequently		Almost Always	
		Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Anova	16/17	0	12.5	50	25	0	12.5	0	37.5	50	12.5
	17/18	5	33.3	15	0	20	66.7	25	0	35	0
Daya	16/17	24.4	20	17.8	20	22.2	20	15.6	25	20	15
	17/18	17.3	21.6	12.4	24.3	29.6	27.1	20	13.5	20.7	13.5
JHS	16/17	27.7	27.5	15.5	35.9	29.6	28.2	17.9	6.1	9.3	2.3
	17/18	29.1	30.2	14.7	39.6	30.4	21.8	16.9	6.3	8.9	2.1
Total	16/17	27.1	25.8	16.0	33.3	28.5	26.4	17.5	10.1	10.8	4.4
	17/18	24.5	27.9	14.0	34.6	29.7	24.3	18.2	8.1	13.6	5.1