In the past week, how often have you experienced work-related stress?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>0%</th>
<th>5%</th>
<th>10%</th>
<th>15%</th>
<th>20%</th>
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<th>45%</th>
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<tbody>
<tr>
<td>Never</td>
<td>0%</td>
<td>18%</td>
<td>37%</td>
<td>24%</td>
<td>31%</td>
<td>27%</td>
<td>11%</td>
<td>3%</td>
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<tr>
<td>Almost Never</td>
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<td>24%</td>
<td>31%</td>
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<td>Sometimes</td>
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<td>Fairly Often</td>
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<tr>
<td>Very Often</td>
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</tbody>
</table>

- **Perceived Stress Questionnaire before Aromatherapy Initiation**
- **Perceived Stress Questionnaire 30 days after Aromatherapy Initiation**
In the past week, how often have you experienced stress related to your personal life?

- Never: 6%
- Almost Never: 30%
- Sometimes: 44%
- Fairly Often: 10%
- Very Often: 10%

Perceived Stress Questionaire before Aromatherapy Initiation
Perceived Stress Questionaire 30 days after Aromatherapy Initiation

Legend:
- Light blue: Perceived Stress Questionaire before Aromatherapy Initiation
- Dark blue: Perceived Stress Questionaire 30 days after Aromatherapy Initiation
How often do you feel overwhelmed in the workplace?

- Never: 5%
- Almost Never: 15%
- Sometimes: 27%
- Fairly Often: 26%
- Very Often: 29%

Perceived Stress Questionaire before Aromatherapy Initiation
Perceived Stress Questionaire 30 days after Aromatherapy Initiation
How often do you feel well-equipped to handle stressors at work?

Never: 2% 0%
Almost Never: 21% 0%
Sometimes: 35% 11%
Fairly Often: 30% 29%
Very Often: 13% 58%

Perceived Stress Questionaire before Aromatherapy Initiation
Perceived Stress Questionaire 30 days after Aromatherapy Initiation
How often do you feel that you have optimal energy levels?

- Never: 3% (3%)
- Almost Never: 30% (6%)
- Sometimes: 33% (13%)
- Fairly Often: 45% (16%)
- Very Often: 32% (17%)

Perceived Stress Questionaire before Aromatherapy Initiation
Perceived Stress Questionaire 30 days after Aromatherapy Initiation

Legend:
- Light blue: Perceived Stress Questionaire before Aromatherapy Initiation
- Dark blue: Perceived Stress Questionaire 30 days after Aromatherapy Initiation
Which of the following words best describes the most common mood state you find yourself while in the workplace?

- **Happy**: 60%
- **Frustrated**: 39%
- **Anger**: 13%
- **Tired**: 40%
- **Relaxed**: 11%
- **Anxious**: 33%
- **Positive**: 52%

*Perceived Stress Questionaire before Aromatherapy Initiation*
*Perceived Stress Questionaire 30 days after Aromatherapy Initiation*
Diffusers in the Emergency Department contribute to a more positive work environment.

- Strongly Disagree: 0%
- Disagree: 2%
- Neutral: 4%
- Agree: 10%
- Strongly Agree: 84%
What would be your preferred diffusion interval setting? (How often the diffuser turns on)

- 20% (19%)
- 36%
- 25%
- 0%
- 5%
- 10%
- 15%
- 20%
- 25%
- 30%
- 35%
- 40%

- 5 minutes
- 10 minutes
- 15 minutes
- 20 minutes
What would be your preferred diffuser “on time”? (How long the essential oil diffused between off times)
How would you prefer to initiate the Foul Odor Protocol?

- Increase diffuser settings for a short period of time: 0%
- Utilize an essential oil spray mister in the immediate area of odor: 4%
- Have both options available: 96%
Which essential oils have you enjoyed diffusing the most?

- Lemon: 34%
- Wild Orange: 35%
- Citrus Bliss: 30%
Would you be interested in participating in a Stress Relief Day while at work, which would include wellness therapies such as neck & shoulder massages, hand massages, paraffin wax hand treatments, etc?

97% Yes, 3% No
Which essential oils would you be interested in diffusing in the future?

- Peppermint: 78%
- Lavender: 92%
- Grapefruit: 78%
- White Fir: 79%
- Cassia: 82%
Which of the following would you like to see the Wellness Committee initiate?

- After/Before work exercise group (39%)
- Healthy Recipes sharing-bring food to sample (47%)
- Staff Quiet Room - a relaxing area to de-stress (93%)
- Wellness classes (43%)
For more information please contact:

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