

BOO **STRESS**

**Boosting the skills of youth to deal with stress at
work [BooStress]**

**O3: BooStress Multifunctional and
Interactive Platform - Open educational &
training e-resource and Mobile Application**

Good Examples Report

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Introduction

This short report presents the process and findings from the pilot implementation of the online modules of the BooStress Multifunctional and Interactive Platform with target group members, employers, trainers and other stakeholders in Cyprus. The following report presents a summary of the findings collated from this process.

The pilot implementation in Cyprus was completed through a blended format. In an informal setting CARDET and our scientific external collaborators informed target group members and stakeholders that the BooStress platform was online and that all training materials were ready to be tested. From this initial contact (either via email or face-to-face meeting or phone call), participants were given a link to the online questionnaire (hosted by surveymonkey) or were provided a word document with the questionnaire, which they could fill in electronically (in this case, CARDET was responsible to transfer the results online, to allow for better analysis of the research findings). The testing tool took about 6 weeks to complete in Cyprus, with all responses submitted to CARDET by mid-May 2019.

In total, **23 local participants** completed the testing in Cyprus: 9 members from the target group and 14 trainers, experts & stakeholders.

Analysis of Pilot Report Findings

To complete the pilot testing of the BooStress online platform and e-learning content, CARDET asked all participants a series of eight research questions, as adapted from the evaluation set out in the BooStress Quality Plan. The following section presents an overview of the collated responses received to these research questions.

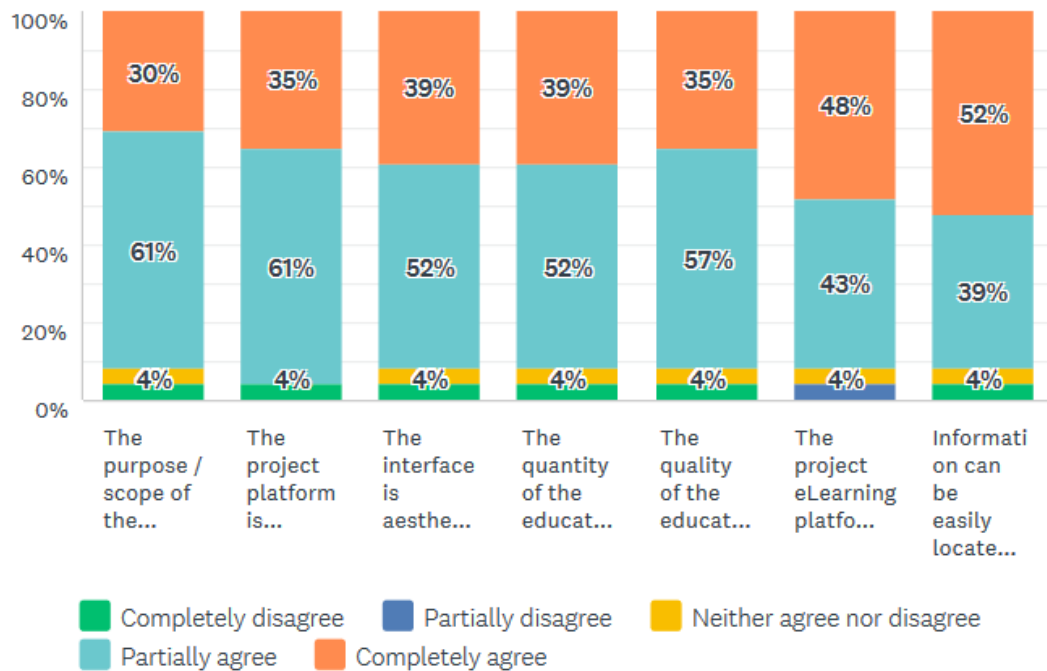
1. Question 1: Criteria for Evaluating Website

Here participants were asked to evaluate the quality of certain aspects of the online platform, on a scale of 1 to 5, where 5 represents a rating of 'excellent' and 1 represents a rating of 'poor'. The criteria that were assessed using this graph include:

- The purpose / scope of the project platform is clearly presented.
- The project platform is well-organised.

- The interface is aesthetically pleasant.
- The quantity of the educational material and information shared is satisfactory.
- The quality of the educational material and information shared is satisfactory.
- The project eLearning platform is easy to navigate.
- Information can be easily located in the project website.

The following graph presents the findings from this question, where each aspect of the website by the vast majority of the participants (more than 90% in all cases) as either ‘very good’ or ‘excellent’:



2. Question 2: Following your review of the BooStress e-learning platform, please use this space to make suggestions for improvement of the navigation and usability of the website.

Here participants were asked to provide comments and suggestions that would help to improve the presentation, navigation and usability of the e-learning platform. The participants who provided a response to this question were mostly satisfied with some suggestions for improvement taken on board also. We provide here a selection from the responses received as part of this exercise:

For project website:

- “Easy to navigate and find the project’s information”
- “I would like to see more resources and material about stress”

For eLearning platform: Module 1:

- The content of the module was understandable and the structure was excellent.
- Very clear and different information on it

For eLearning platform: Module 2:

- Techniques and strategies described in module 2 are very useful for every employee to deal with his stress at work.
- Very different ideas about the training needs of the employees
- More videos, external links, further reading, interactive resources, gamified resources.

For eLearning platform: Module 3:

- Case study and questions for reflection was very helpful for an individual to develop skills to control a stressful situation.
- A lot of exercises are included in the context in order to help us to evaluate the effectiveness

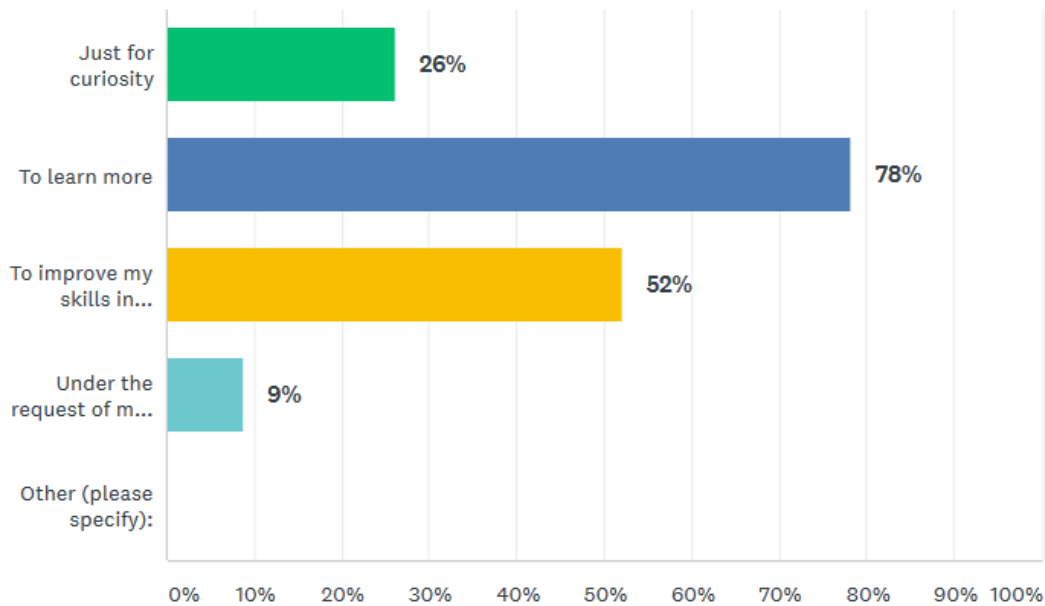
For eLearning platform: Module 4:

- The perception of stress evaluation is important for an individual to deal with and to develop positive behavior
- Very inclusive
- I learned a lot of useful information and guidelines how to support and manage the usual problems that I face during my work every day

3. Question 4: Next participants were asked what motivated them to take part in the pilot testing.

As we can see from the following graph, the majority of respondents were motivated to take part in the testing either to learn more about the topic (78%) or to improve their skills in

dealing with workplace stress (52%). In this specific question, respondents could choose more than 1 responses.

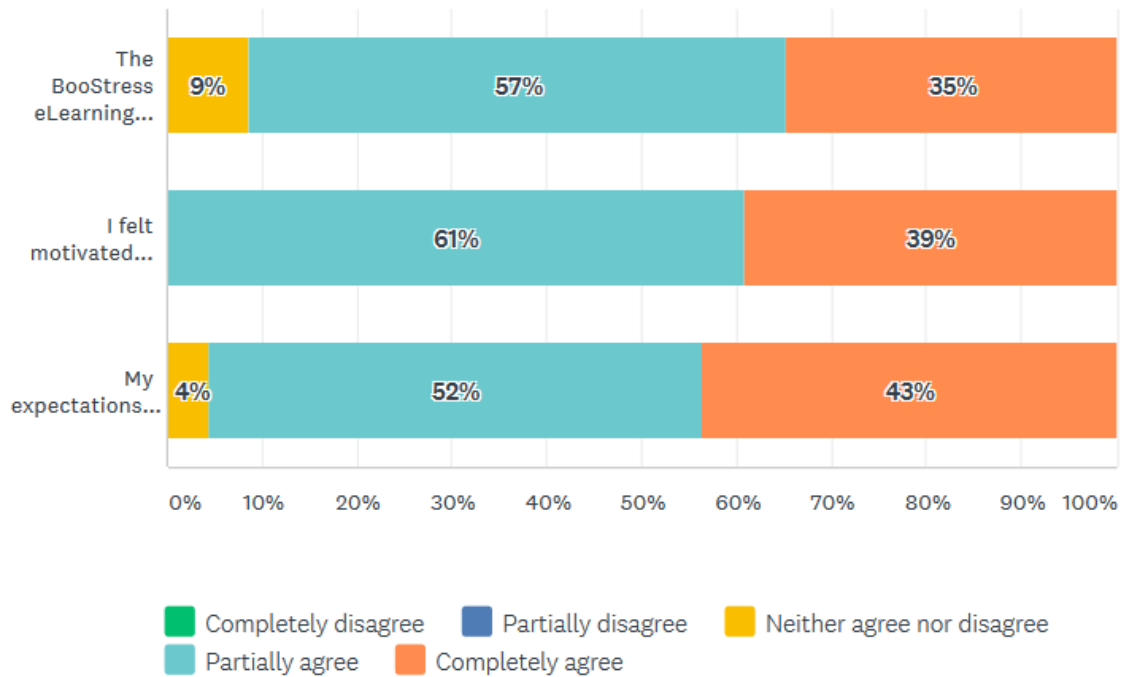


4. Question 5: To what extent do you agree with the following statements?

Next participants were asked to what extent they agreed with the following statements in relation to their expectations, experience and satisfaction:

- The BooStress eLearning course was coherent and appropriate to my specific needs and goals
- I felt motivated during the testing to learn more
- My expectations from the eLearning course were met

As we can see from the following graph, all statements were generally rated as being positive.



5. Question 6: What did you like the most about the BooStress training content or eLearning platform (website)?

Here, CARDET received the following eight responses from our pilot test group:

- I liked because it was very interactive
- It was very interactive, easy and pleasant for reading
- It is interesting.
- The context of the module
- Important tools for improving working relationships, efficiency and quality at work. Reduction of diseases, suicides etc.
- The techniques that they help you to understand how to change your negative thoughts and act differently
- That my expectations are coming true
- The training material and the resources were very useful. Very user friendly platform. I liked very much the instructions on how to use the e-learning platform.

6. Question 7: What did you like the least about the BooStress training content or eLearning platform (please refer to difficulties/challenges)? Do you have any suggestions for improvement?

Here, CARDET received the following three responses from our pilot test group:

- The website is running slow.
- the questionnaire
- It was my first time doing that,so it was not easy for me as a beginner

7. Question 8: Did you miss any learning contents which you would like to have in the BooStress course? If yes, which ones??

Here, CARDET received no response

Conclusion

The pilot implementation in Cyprus was successfully completed with 23 local participants in April & May 2019. Throughout the pilot testing phase, there was a lot of interest and support and many expressed that these resources will be used in their workplace to help employees to manage stress. Even though, participants are overall satisfied with their experience, there were some useful comments and suggestions made by them, which will be taken on board to improve the BooStress training package.