

Results of Pilot testing

Pilot testing was done with a sample of 35 participants.

- Descriptive statistics
- Reliability analysis
- Validity analysis

Descriptive analysis

	Mean	SD	Skewness (<±2)	Kurtosis (<±7)
Perceived Stress	30.08	2.86	0.54	0.75
Rumination	3.782	0.78	-0.38	-0.66
Maladaptive Coping	23.76	1.65	0.77	1.04
Adaptive Coping	41.11	0.81	-0.87	- 1.65
Emotional Exhaustion	2.943	1.38	1.48	2.48

Reliability analysis

The reliability of the item questionnaire has been checked using Cronbach's alpha for 35 samples for pilot testing, and the outcomes are presented below.

	<i>Items on the questionnaire</i>	<i>α-Coeff.</i>
1	In the last month, how often have you been upset because of something that happened unexpectedly?	0.89
2	In the last month, how often have you felt that you were unable to control the important things in your life?	0.74
3	In the last month, how often have you felt nervous and "stressed"?	0.76
4	In the last month, how often have you felt confident about your ability to handle your personal problems?	0.89
5	In the last month, how often have you felt that things were going your way?	0.74
6	In the last month, how often have you found that you could not cope with all the things that you had to do?	0.85
7	In the last month, how often have you been able to control irritations in your life?	0.83
8	In the last month, how often have you felt that you were on top of things?	0.74
9	In the last month, how often have you been angered because of things that were outside of your control?	0.78
10	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0.85
11	Think "What am I doing to deserve this?"	0.83
12	Think "Why do I always react this way?"	0.78
13	Think about a recent situation, wishing it had gone better.	0.81
14	Think "Why do I have problems other people don't have?"	0.79
15	Think "Why can't I handle things better?"	0.88
16	Analyze recent events to try to understand why you are depressed.	0.77
17	Go away by yourself and think about why you feel this way.	0.83
18	Write down what you are thinking and analyze it.	0.88
19	Analyze your personality to try to understand why you are depressed.	0.86
20	Go someplace alone to think about your feelings.	0.85

21	I've been turning to work or other activities to take my mind off things.	0.83
22	I've been doing something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.	0.86
23	I've been saying to myself "this isn't real.	0.79
24	I've been refusing to believe that it has happened.	0.77
25	I've been saying things to let my unpleasant feelings escape.	0.81
26	I've been expressing my negative feelings.	0.83
27	I've been using addictive behaviors or substances to make myself feel better.	0.86
28	I've been using alcohol or other drugs to help me get through it.	0.88
29	I've been giving up trying to deal with it.	0.84
30	I've been giving up the attempt to cope.	0.88
31	I've been criticizing myself.	0.78
32	I've been blaming myself for things that happened.	0.85
33	I've been concentrating my efforts on doing something about the situation I'm in.	0.78
34	I've been taking action to try to make the situation better.	0.86
35	I've been trying to come up with a strategy about what to do.	0.88
36	I've been thinking hard about what steps to take.	0.79
37	I've been trying to see it in a different light, to make it seem more positive.	0.87
38	I've been looking for something good in what is happening.	0.83
39	I've been accepting the reality of the fact that it has happened.	0.82
40	I've been learning to live with it.	0.86
41	I've been making jokes about it.	0.88
42	I've been trying to find comfort in my religion or spiritual beliefs.	0.89
43	I've been praying or meditating.	0.86
44	I've been making fun of the situation.	0.84
45	I've been getting emotional support from others.	0.88
46	I've been getting help and advice from other people.	0.87
47	I've been getting comfort and understanding from someone.	0.87
48	I've been trying to get advice or help from other people about what to do.	0.89
49	I feel emotionally drained from my work.	0.89
50	I feel used up at the end of the work day.	0.88
51	I feel fatigued when I get up in the morning because I have to face another day on the job.	0.86
52	Working with people all day is really a strain for me.	0.86
53	I feel burned out from my work.	0.85
54	I feel frustrated by my job.	0.85
55	I feel I'm working too hard at my job.	0.89
56	Working directly with people puts too much stress on me.	0.85
57	I feel like I'm at the end of my rope.	0.88

Exploratory factor analysis (EFA)

KMO and Bartlett's Test		
<i>Kaiser-Meyer-Olkin Measure of Sampling Adequacy</i>		0.841
<i>Bartlett's Test of Sphericity</i>	<i>Approx. Chi-Square</i>	24,455.19
	<i>df</i>	401
	<i>Sig.</i>	0.000

Communalities

	Initial	Extraction
<i>PSS-1</i>	1.000	0.721
<i>PSS-2</i>	1.000	0.724
<i>PSS-3</i>	1.000	0.539
<i>PSS-4</i>	1.000	0.722
<i>PSS-5</i>	1.000	0.674
<i>PSS-6</i>	1.000	0.581
<i>PSS-7</i>	1.000	0.708
<i>PSS-8</i>	1.000	0.629
<i>PSS-9</i>	1.000	0.752
<i>PSS-10</i>	1.000	0.729
<i>RRS-1</i>	1.000	0.651
<i>RRS-2</i>	1.000	0.714
<i>RRS-3</i>	1.000	0.662
<i>RRS-4</i>	1.000	0.599
<i>RRS-5</i>	1.000	0.754
<i>RRS-6</i>	1.000	0.678
<i>RRS-7</i>	1.000	0.745
<i>RRS-8</i>	1.000	0.558
<i>RRS-9</i>	1.000	0.665
<i>RRS-10</i>	1.000	0.709
<i>MAC-1</i>	1.000	0.710
<i>MAC-2</i>	1.000	0.639
<i>MAC-3</i>	1.000	0.702
<i>MAC-4</i>	1.000	0.750
<i>MAC-5</i>	1.000	0.761
<i>MAC-6</i>	1.000	0.559
<i>MAC-7</i>	1.000	0.588
<i>MAC-8</i>	1.000	0.705
<i>MAC-9</i>	1.000	0.669
<i>MAC-10</i>	1.000	0.637
<i>MAC-11</i>	1.000	0.786
<i>MAC-12</i>	1.000	0.713
<i>AC-1</i>	1.000	0.631
<i>AC-2</i>	1.000	0.675
<i>AC-3</i>	1.000	0.590
<i>AC-4</i>	1.000	0.619
<i>AC-5</i>	1.000	0.723
<i>AC-6</i>	1.000	0.620
<i>AC-7</i>	1.000	0.772
<i>AC-8</i>	1.000	0.587
<i>AC-9</i>	1.000	0.759
<i>AC-10</i>	1.000	0.548
<i>AC-11</i>	1.000	0.747
<i>AC-12</i>	1.000	0.743
<i>AC-13</i>	1.000	0.681
<i>AC-14</i>	1.000	0.595

<i>AC-15</i>	1.000	0.676
<i>AC-16</i>	1.000	0.739
<i>EE-1</i>	1.000	0.734
<i>EE-2</i>	1.000	0.604
<i>EE-3</i>	1.000	0.764
<i>EE-4</i>	1.000	0.712
<i>EE-5</i>	1.000	0.634
<i>EE-6</i>	1.000	0.649
<i>EE-7</i>	1.000	0.644
<i>EE-8</i>	1.000	0.628
<i>EE-9</i>	1.000	0.736

Extraction method: Principal component analysis

Total variance explained

<i>Items</i>	Initial eigen values			Extraction sums of squared loadings			Rotation sums of squared loadings		
	<i>Total</i>	<i>% of variance</i>	<i>Cumulative %</i>	<i>Total</i>	<i>% of variance</i>	<i>Cumulative %</i>	<i>Total</i>	<i>% of variance</i>	<i>Cumulative %</i>
1	18.162	31.86	31.86	18.162	31.86	31.86	17.792	31.21	31.21
2	14.784	23.10	55.0	14.784	23.10	54.96	13.26	23.26	54.47
3	1.978	3.09	58.1	1.978	3.09	58.1	2.993	5.25	59.72
4	1.664	2.60	60.7	1.664	2.60	60.65	2.545	9.56	69.28
5	0.966	1.51	1.5						
6	0.947	1.48	3.0						
7	0.915	1.43	1.4						
8	0.899	1.40	2.8						
9	0.876	1.37	4.2						
10	0.854	1.33	5.5						
11	0.822	1.28	1.3						
12	0.803	1.25	2.5						
13	0.796	1.24	3.8						
14	0.782	1.22	5.0						
15	0.758	1.18	1.2						
16	0.731	1.14	2.3						
17	0.719	1.12	3.5						
18	0.709	1.11	4.6						
19	0.688	1.08	5.6						
20	0.669	1.05	6.7						
21	0.645	1.01	7.7						
22	0.639	1.00	8.7						
23	0.623	0.97	9.7						
24	0.601	0.94	10.6						
25	0.588	0.92	11.5						

26	0.552	0.86	0.9						
27	0.534	0.83	1.7						
28	0.512	0.80	2.5						
29	0.501	0.78	3.3						
30	0.495	0.77	4.1						
31	0.475	0.74	4.8						
32	0.451	0.70	5.5						
33	0.444	0.69	6.2						
34	0.426	0.67	6.9						
35	0.412	0.64	7.5						
36	0.397	0.62	8.1						
37	0.373	0.58	8.7						
38	0.355	0.55	9.3						
39	0.363	0.57	9.8						
40	0.342	0.53	10.4						
41	0.332	0.52	10.9						
42	0.318	0.50	11.4						
43	0.302	0.47	11.9						
44	0.295	0.46	12.3						
45	0.279	0.44	12.7						
46	0.269	0.42	13.2						
47	0.246	0.38	13.6						
48	0.221	0.35	0.3						
49	0.211	0.33	0.7						
50	0.202	0.32	1.0						
51	0.193	0.30	1.3						
52	0.175	0.27	1.6						
53	0.153	0.24	1.8						
54	0.149	0.23	2.0						
55	0.138	0.22	2.3						
56	0.128	0.20	0.2						
57	0.109	0.17	0.4						