



Review and Feedback from the Somerset Stress Reduction Programme February 2024 – Study carried out by The Emotional Logic Centre

321 staff members at NHS Somerset have accessed the bespoke, Emotional Logic 'Stress Reduction Programme'. This course was entirely online and self-led. It included the Online Introductory Course, access to the online tools site, the Emotional Survival Kit and the Stress Release Booklet. Following the course there has been a surge of further requests which suggests an increase in word of mouth recommendations.

Summary of key results

321 NHS members of staff took part

95% of people who completed both the pre and post ELDP on the course improved on the questionnaire.

21% of people registered a major improvement in wellbeing and a significant reduction in the risk of workplace stress related absence/illness.

76% of people who completed the feedback questionnaire said they enjoyed the course. 21% said they weren't sure and 2% said no.

79% of people who completed the feedback said they would recommend the course to others. 19% of people weren't sure and 2% said no.

Of those who said they would recommend the course, 48% of these said they would recommend the course to other colleagues, and 12% said they would also recommend it to their families.

Emotional Logic Developmental Profile (ELDP) Outcomes

The validated ELDP questionnaire was completed prior to them starting the course and staff were encouraged to complete one at the end. An increase in the score is positive and indicates an increased level of emotional awareness, resilience and wellbeing. Nobody's score decreased. A 15- 20 point increase suggests a major improvement in wellbeing and a significant reduction in the risk of workplace stress related absence/illness.

For further information on the ELDP in the Emotional Logic Centre's published paper in the European Journal of Integrative Medicine can be accessed via this link:

[Click her to view the full published paper](#)