



PRINCIPAL
HEALTH & WELLBEING SURVEY

IPPN/NAPD

**Principal Health & Wellbeing
Survey: 2014 Results**

IPPN Conference

January 29, 2015

Philip Riley

www.principalhealth.org

Principal Health Survey Results

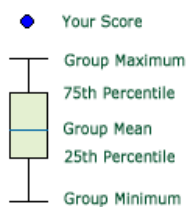
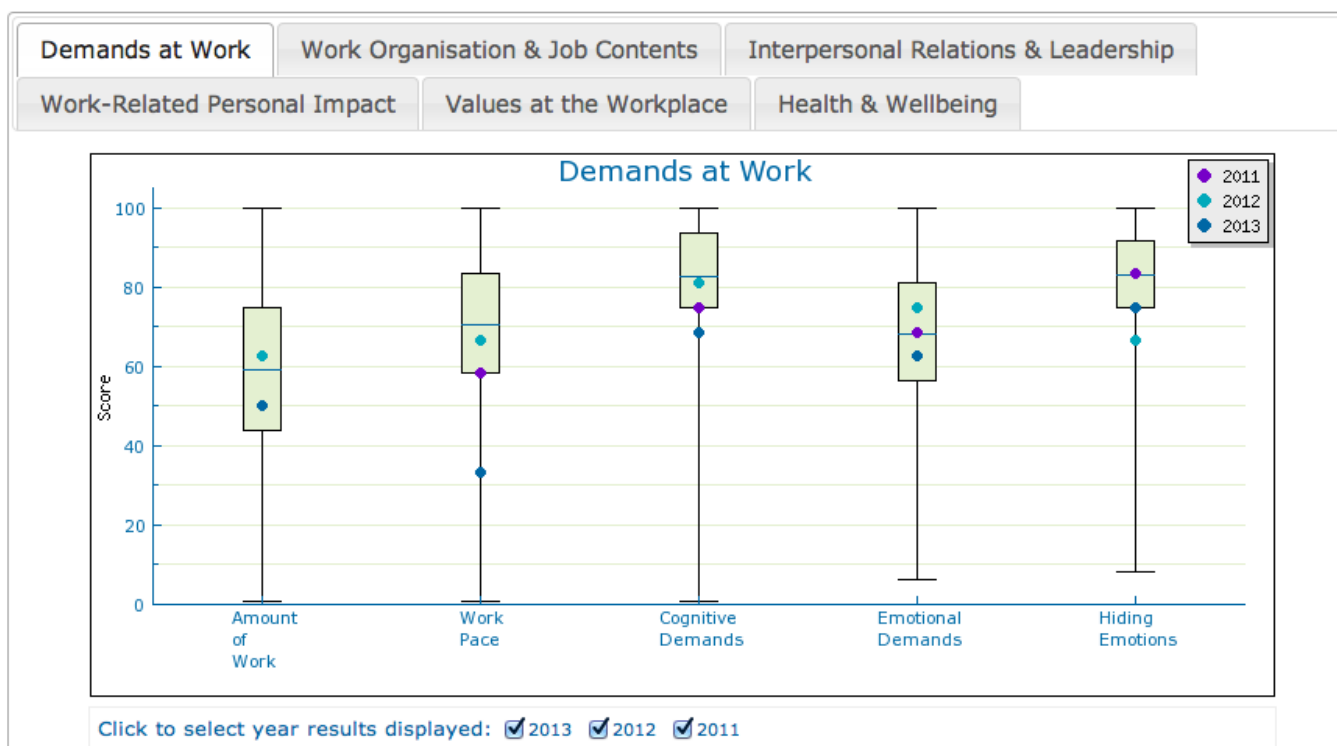
Welcome Phil

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Click on one of the following options to view your results compared with other Principals in 2012 and the general population on the subscales of the Health and Wellbeing questionnaire.

[COPSOQ-A](#) | [COPSOQ-B](#) | [AQOL-8D](#) | [AUDIT](#) | [PWI](#)

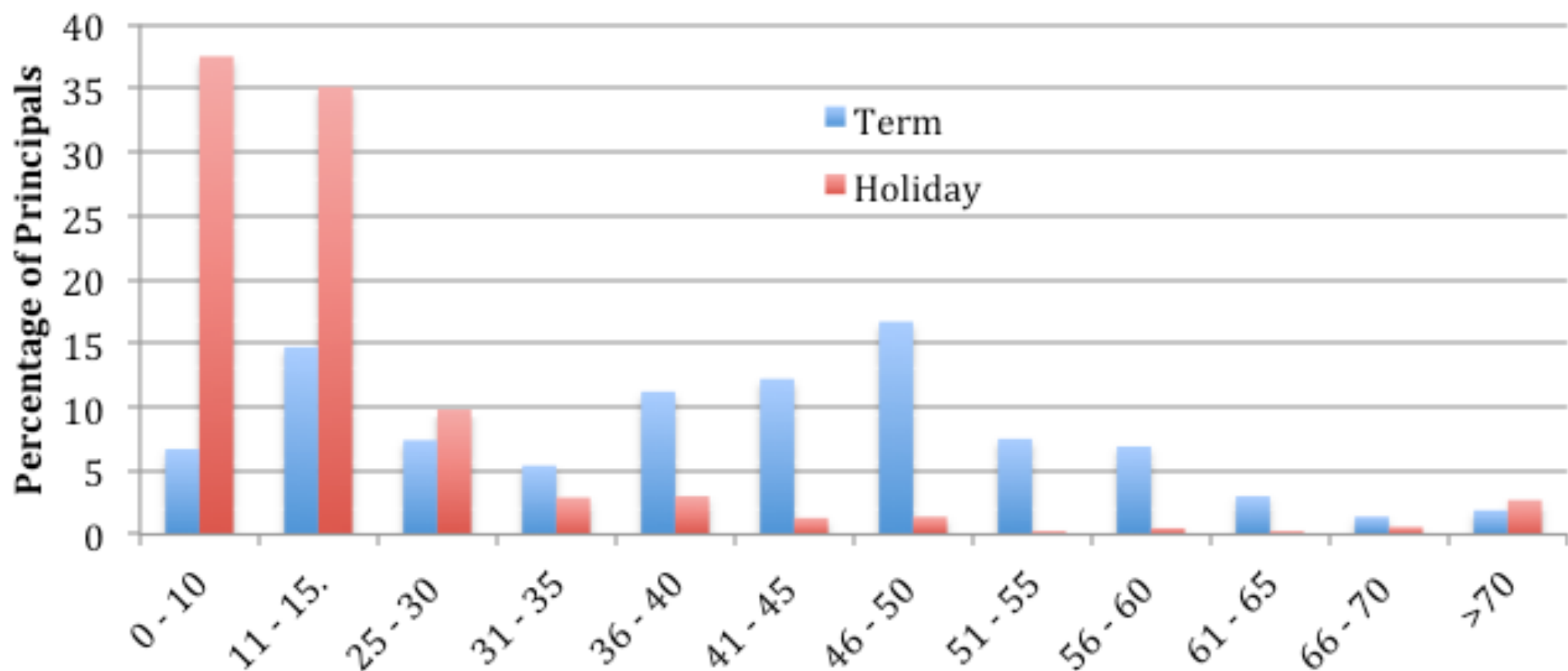
COPSOQ-A: Copenhagen Psychosocial Questionnaire
My results compared with other principals



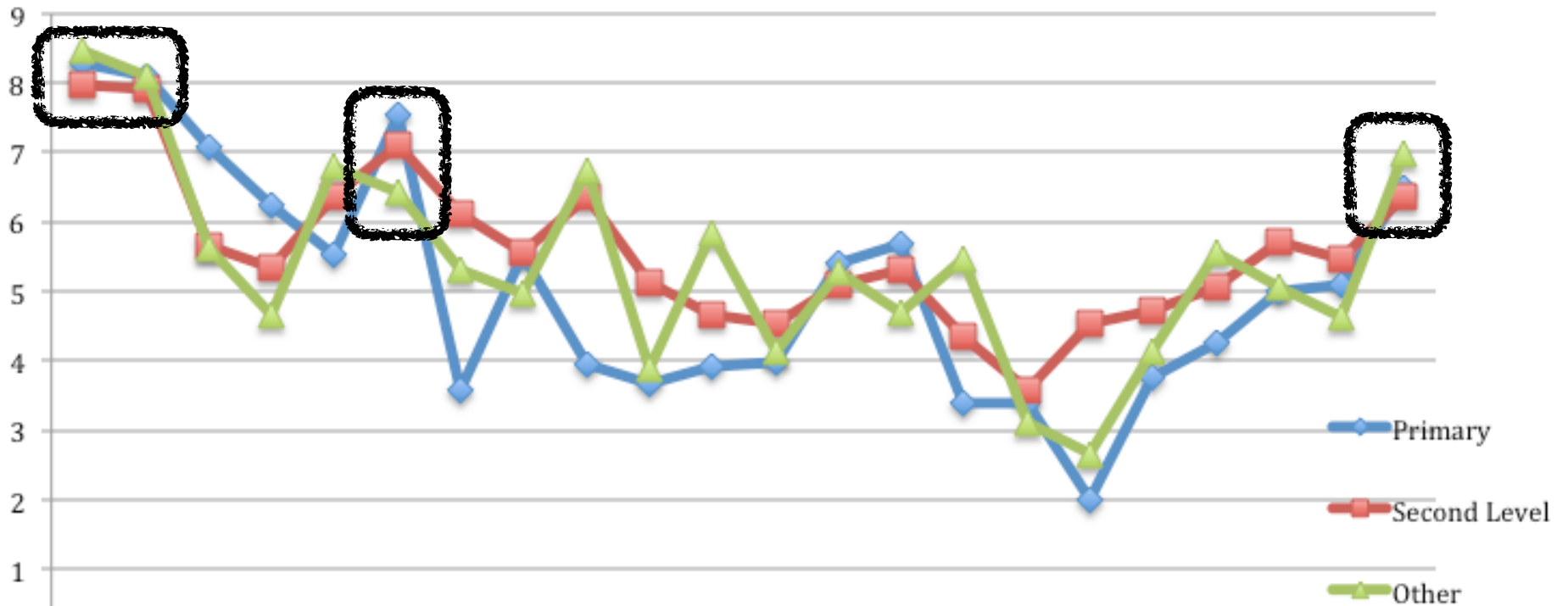
The COPSOQ II was developed in response to the need for a validated and standardised instrument that would accurately measure a broad range of psychosocial factors across many occupations.

The COPSOQ II has seven scales, each containing between 4-8 subscales. You can [download a copy of the questionnaire](#) to see what questions are in each subscale. You can also [download the paper describing the construction and validity of the COPSOQ II](#).

Average Weekly Hours at Work (primary)



Sources of Stress



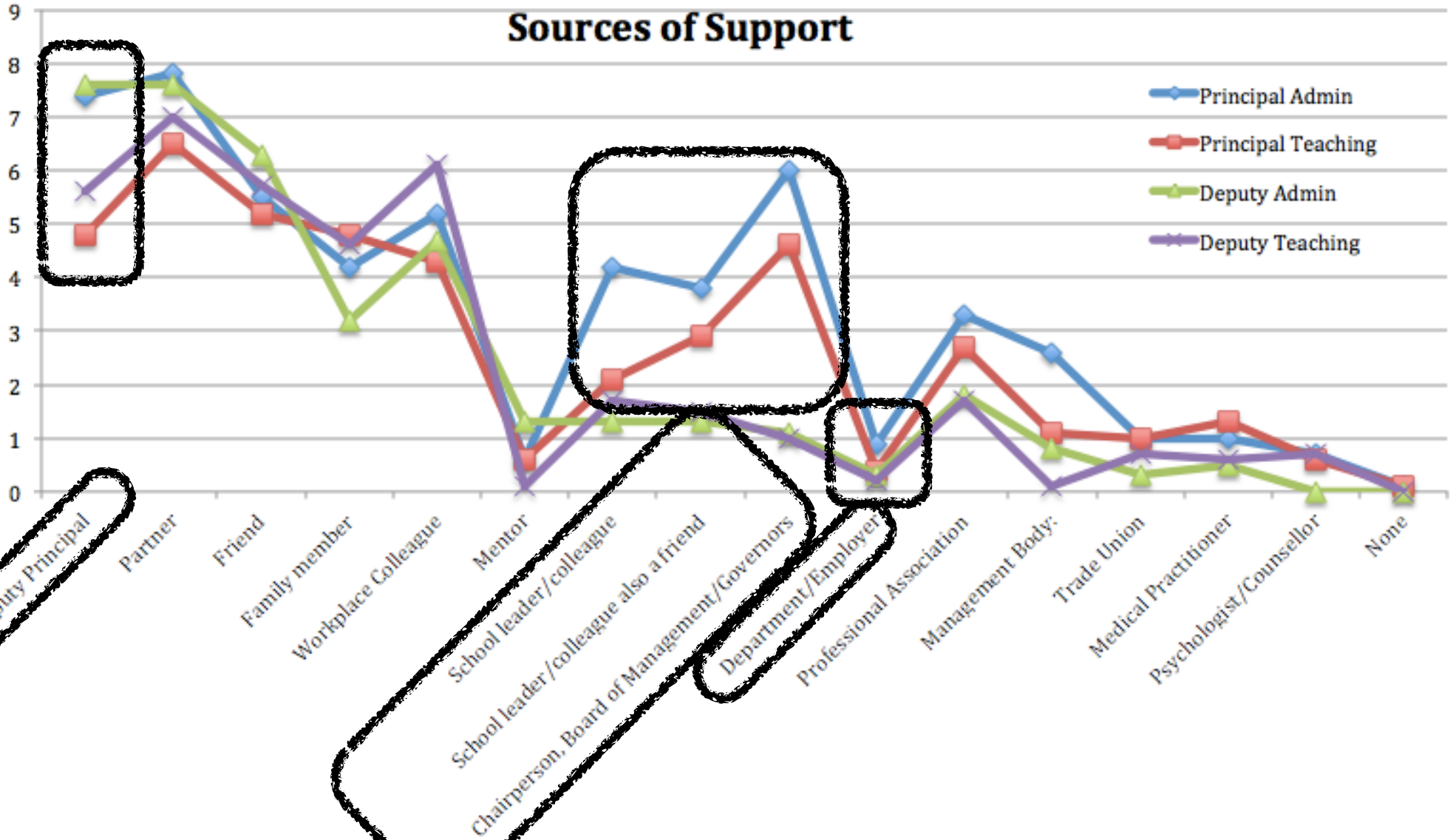
Lack of time to focus on teaching & learning

Resourcing Needs

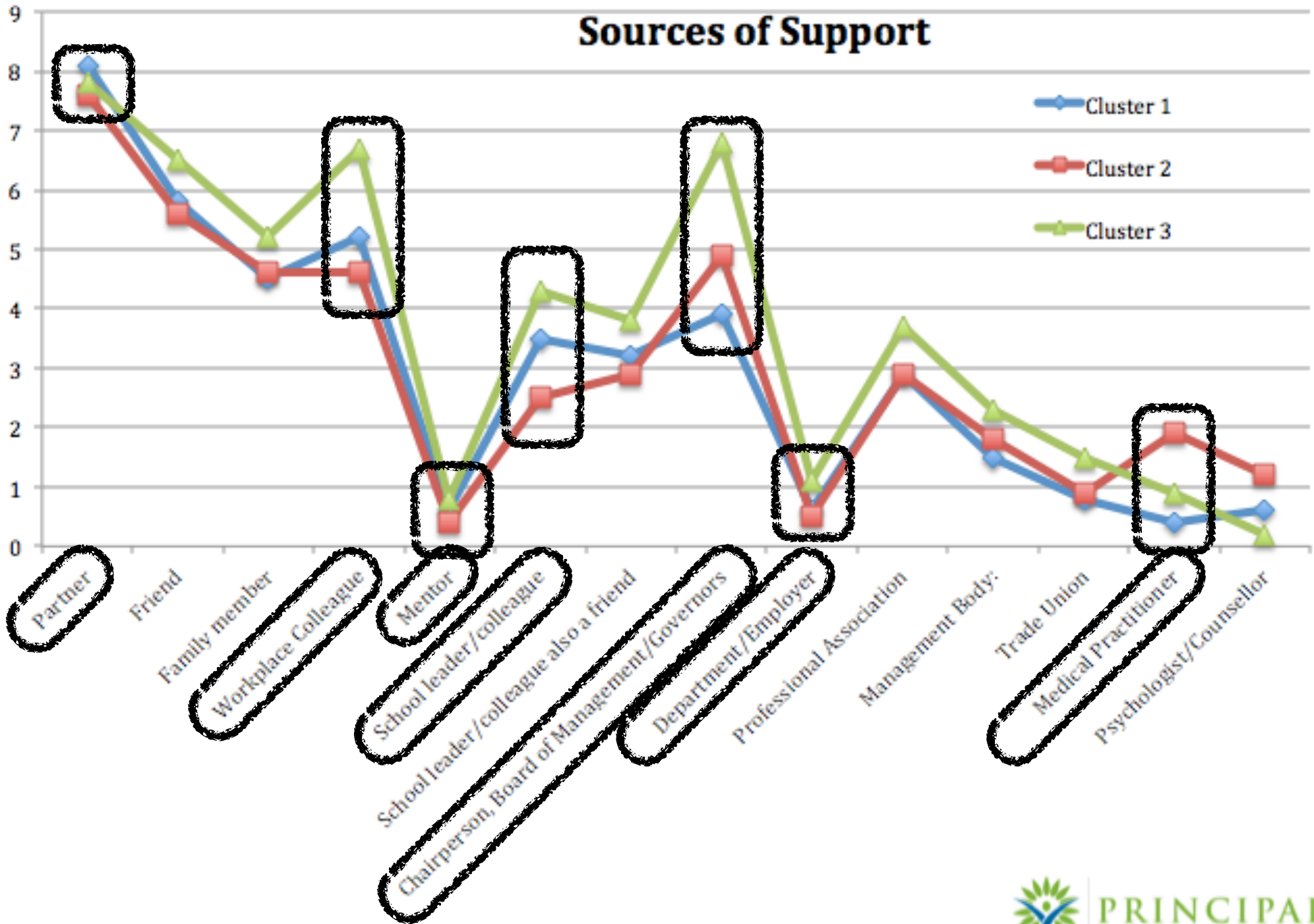
Poorly Performing Staff

Statutory/Legal obligations

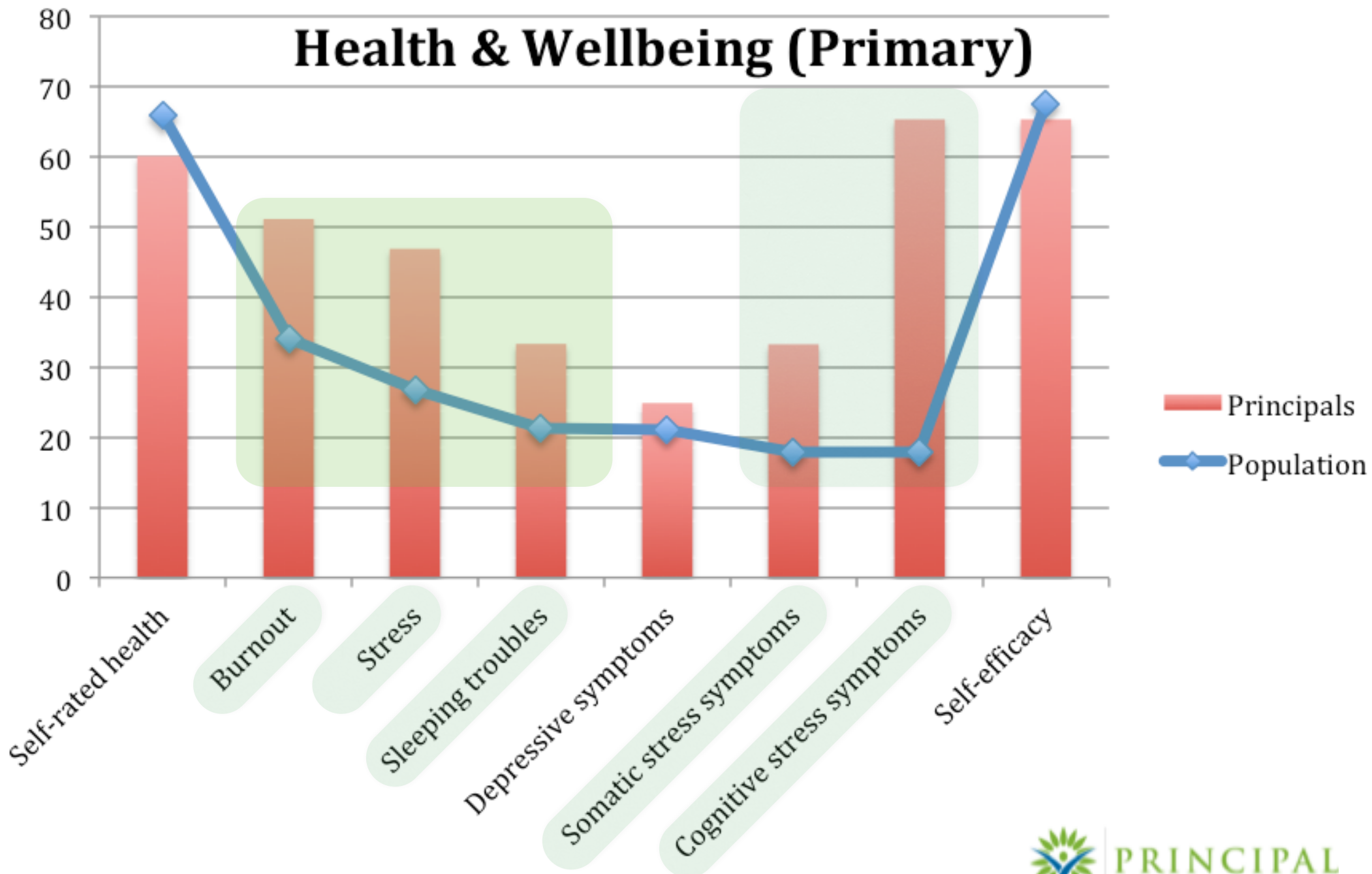
Sources of Support



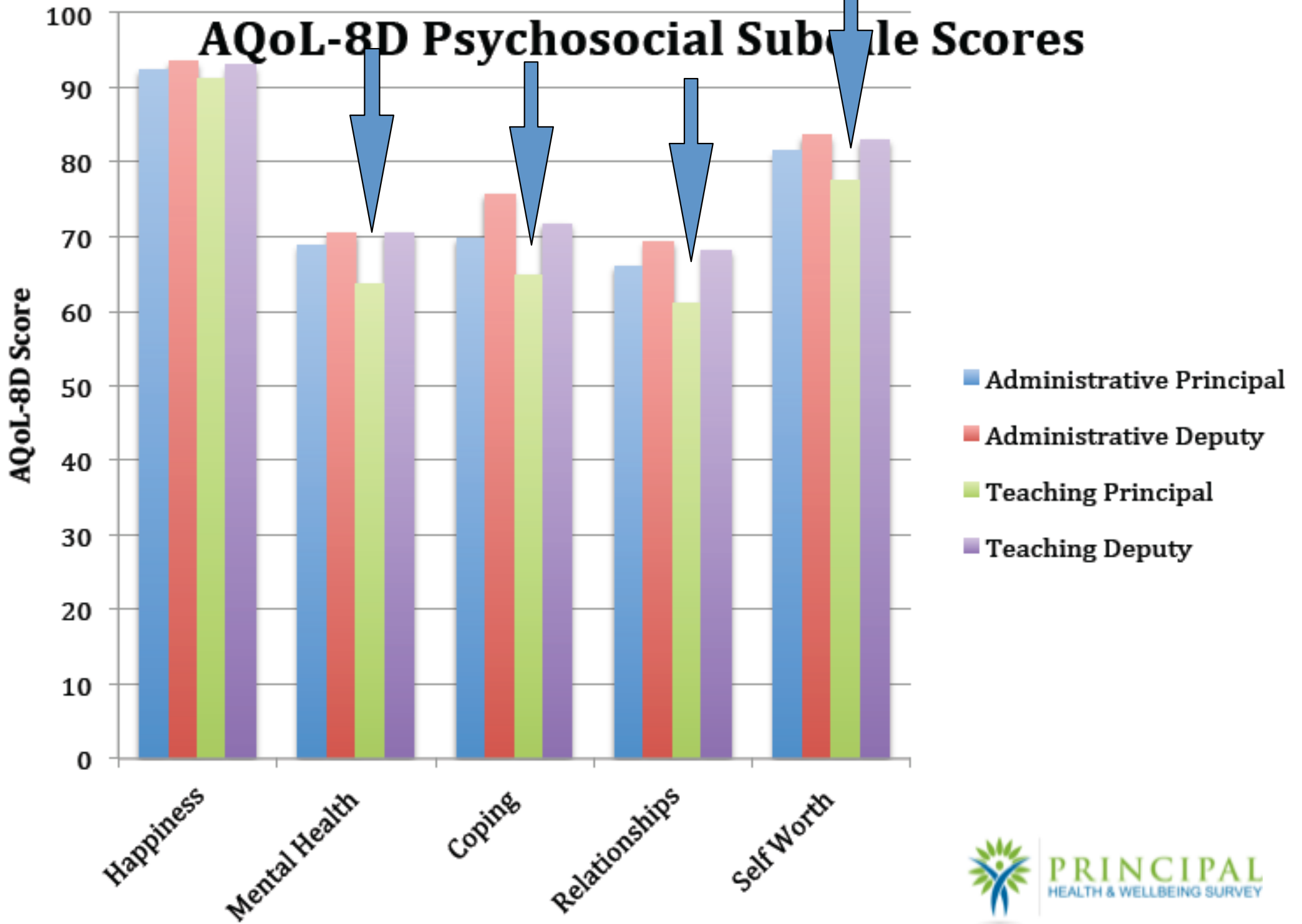
Sources of Support



Health & Wellbeing (Primary)



AQoL-8D Psychosocial Subscale Scores

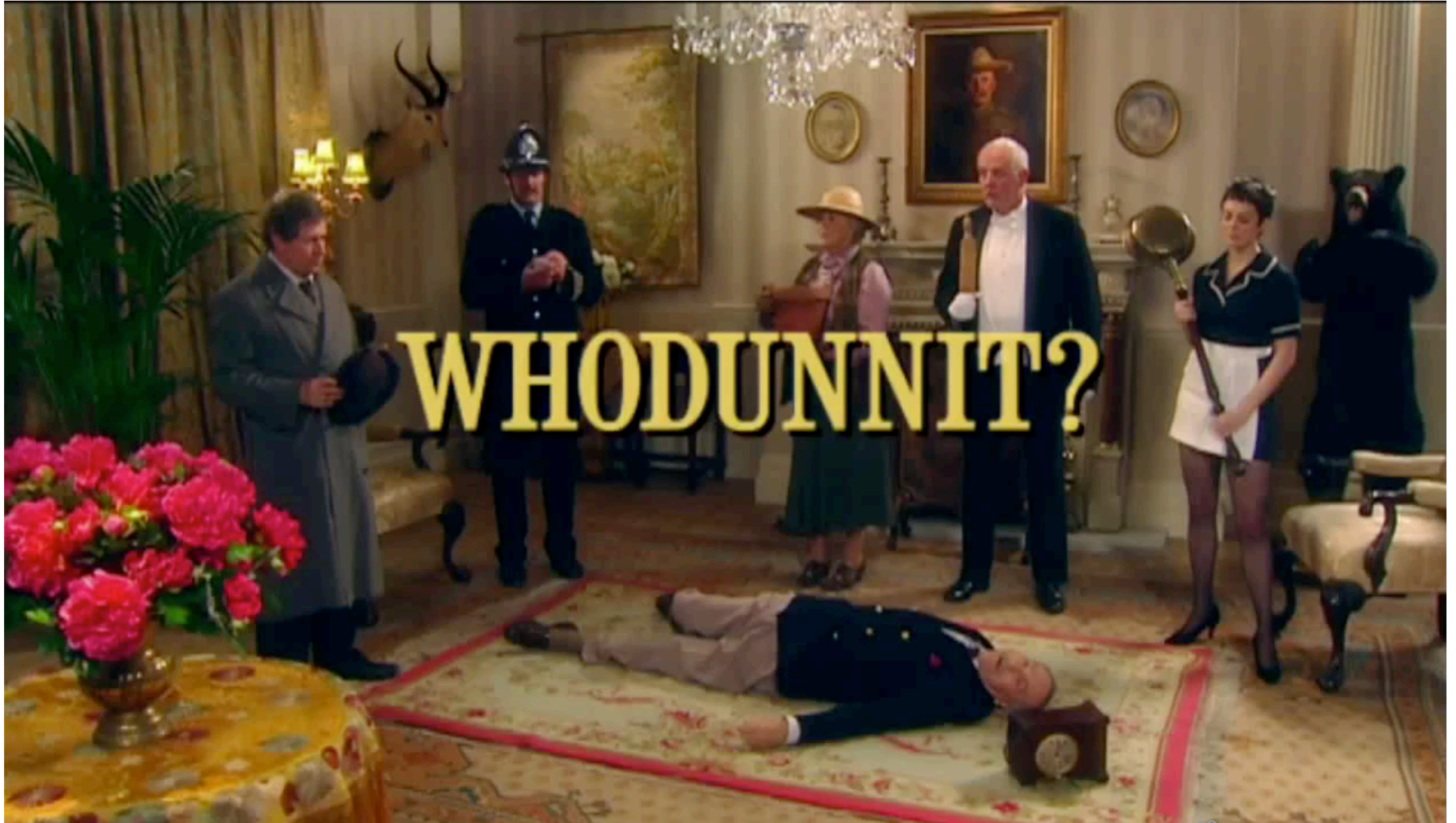


Resilience starts today

- What will you do to look after yourself today?
- That is different from yesterday?
- And will lead to a new tomorrow?

“Chains of habit are too light to be felt until they are too heavy to be broken” Warren Buffet

Test your awareness



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2015 survey starts next week