The Effect of Below Exposure Noise Threshold Limit Value to Acute Stress

Introduction
This study aims to examine the possibility of the effect of noise with intensity below the threshold value to stress.

Method
The study is a quasi-experimental involved 108 subjects divided into 6 noise exposure groups of control, 0 dBA, 70 dBA, 75 dBA, 80 dBA and 85 dBA in 15 min exposure. Research subjects consisted of healthy males, aged 18–39 years and met the study criteria. Assessment of stress include physical stress index (PSI), the total power (TP) and low frequency/high frequency ratio (the ratio of LF/HF) measured using the test heart rate variability (HRV), adrenaline and cortisol blood levels measured before and after treatment.

Result
Research subjects who qualify as many as 102 people a year aged 23.99±4.77 years. Research subjects have equal characteristics to treatment groups according to the sociodemographic.

Discussion
There is no different of PSI value, the ratio of TP and LF/HF, Adrenaline between exposure groups. Cortisol levels were positively correlated with higher levels of adrenaline (r=0.35, p<0.01) while positively correlated with cortisol levels and cortisol levels were strongly positively correlated (r=0.53, p<0.01). PSI values weakly positively correlated with cortisol levels (r=0.2, p<0.05) and the ratio LF/HF were positively correlated weakly with cortisol (r=0.2, p<0.05).

Re-employment Needs and Barriers of Individuals in a Residential Rehabilitation Program

Introduction
Adverse effects on individual well-being as a result of unemployment are well-documented. Individuals in transitional housing programs often have a goal of reaching stable employment, but the unique needs and barriers for achieving re-employment among this diverse population (includes individuals that may be homeless, formerly incarcerated, or impacted by other stressful life circumstances) warrants further study to enhance programmatic and service recommendations.

Methods
A structured interview guide was developed and modelled after existing validated surveys. To evaluate the ability of the instrument to optimally measure the constructs of interest, cognitive interviewing was conducted to identify problems in comprehension, retrieval, judgement and response to survey questions so that the survey can be modified prior to full deployment. The survey was administered orally by one interviewer and audio recorded. Descriptive data analysis was done for this exploratory semi-qualitative study.

Result
Fifteen cognitive interviews were completed resulting in changes in content, wording, study inclusion criteria, and development of response categories. Over thirty interviews were conducted using the final guide. Results suggest that work histories of participants are more extensive with longer periods of employment than may be expected. Many respondents indicated that future employment goals include owning their own business and may represent an area of additional needed training for those currently unemployed. However, most aspirations for future employment were congruent with past achievements, including ownership.

Discussion
It is important to assess the needs and barriers of those seeking employment services to ensure programs deliver essential services. Ownership may help bypass some of the challenges faced with finding and maintaining employment due to criminal records or other barriers. This interview guide will be used in other populations seeking varied employment services from community organisations to further study needs and barriers for regaining employment.