

Table 2. Stress Levels and Health Concerns among the study participants (N=436)

Characteristic	N = 436¹
Perceived Stress	
Mild Stress	33 (7.6%)
Moderate Stress	114 (26%)
No Stress	5 (1.1%)
Severe Stress	284 (65%)
Medical Illnesses	
No	380 (87%)
Yes	56 (13%)
Medical Symptoms	
No	355 (81%)
Yes	81 (19%)
Severity	
Mild symptoms	36 (8.3%)
Moderate symptoms	44 (10%)
No Symptoms	355 (81%)
Severe symptoms	1 (0.2%)

¹n (%)