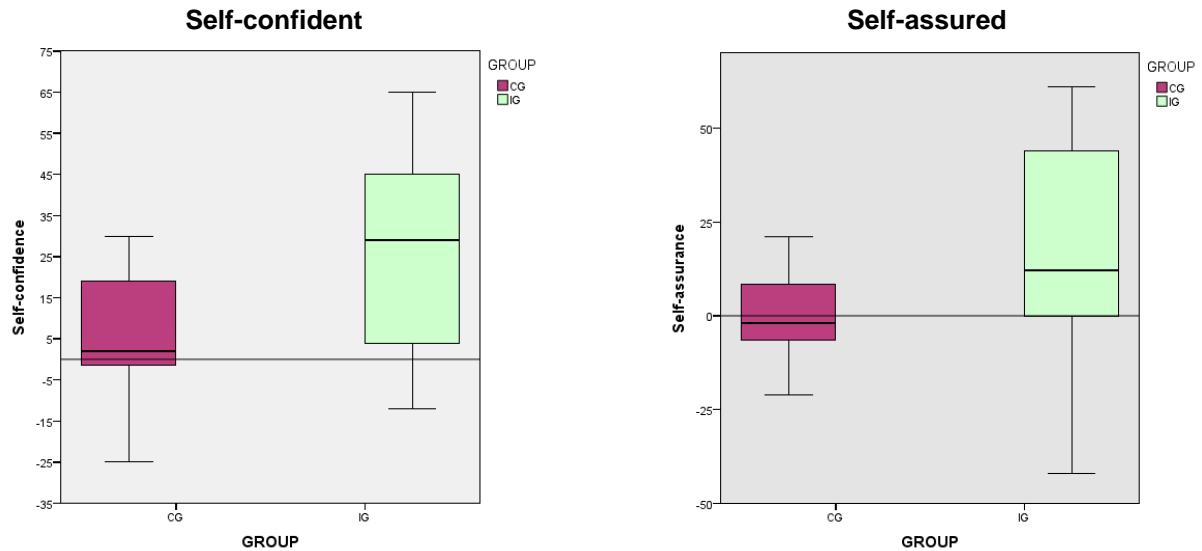


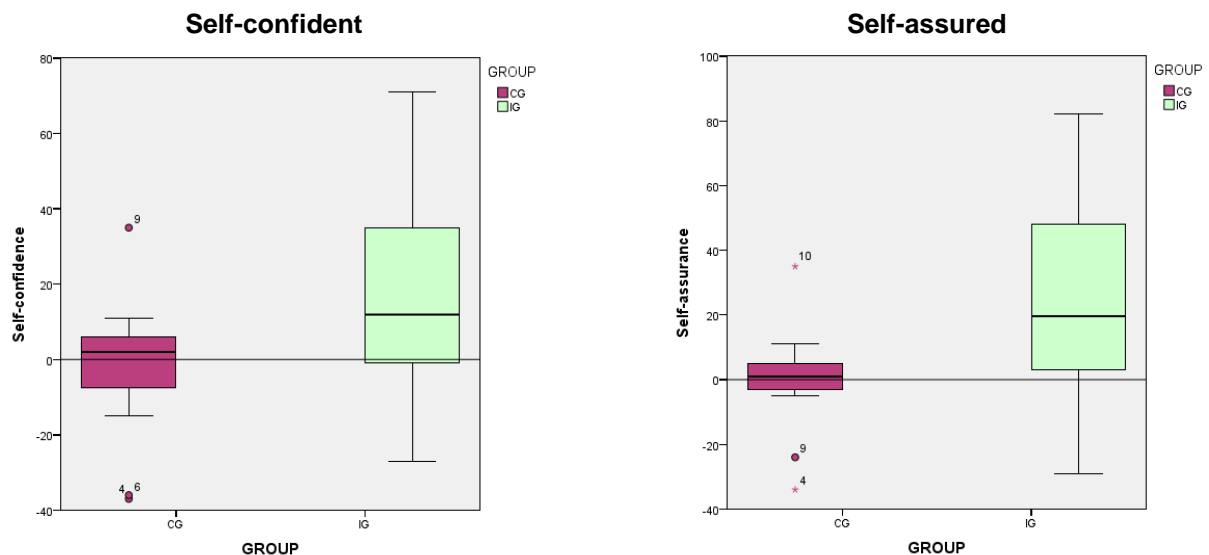
A. Physical violence (severe)

"Imagine you are walking home in the darkness, nobody is around. Suddenly a man grasps your arm. How would you feel in this situation?"



B. Psychological violence (mild)

"Imagine you get more phone calls daily by an unknown person for one week. When you answer, you here silence, stertorous breathing, groaning. How would you feel in this situation?"



C. Psychological violence (severe)

"Imagine a person in your working environment is speaking evil of you with your chef and colleagues for some time past. Since that time has the behaviour of all colleagues and principals been very cool regarding you. How would you feel in this situation?"

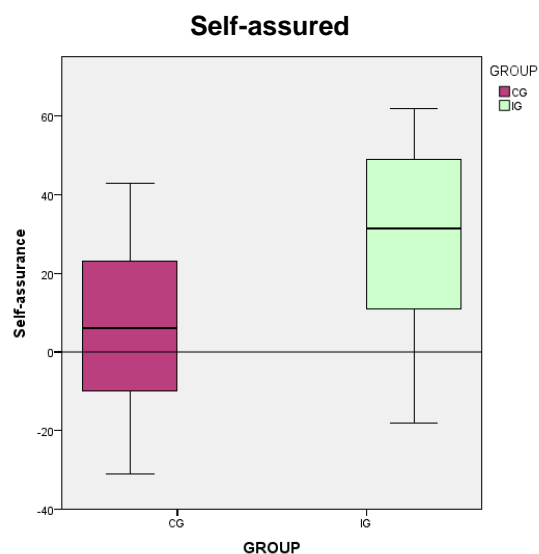


Figure 1. Changes in the level of self-confidence and self-assurance pre to post intervention or control time frame on the part of the intervention group (IG) as well as the control group (CG). Psychological characteristics were measured on a visual analogue scale ranging continuously from 0 (does not apply at all) to 100 (applies completely) when being put into a situation of severe physical violence (A) as well as mild (B) and severe (C) psychological violence. Only results with significant differences between groups are presented.