Stress studies fill in the gaps

**Workplace stress in \_\_\_\_\_\_\_\_\_\_\_\_\_\_– Marmot et al (1977)**

**Aim:** To investigate the effects of high \_\_\_\_\_\_\_\_ and low \_\_\_\_\_\_\_\_ on stress and illness. In context of sample used (Civil Servants) it was assumed that high grade employees would experience high demand and low grade employees would experience low control.

**Procedure:** Civil service employees in London were invited to take part and 7,372 agreed to take part by filling in a \_\_\_\_\_\_\_\_\_\_\_\_ (asking about their grade, sense of control, social support, etc) and by having a health check to assess signs of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They were reassessed five years later.

**Results:**

* 1. Higher grade workers developed \_\_\_\_\_\_\_\_cardiovascular problems.
* 2. Lower grade workers expressed a \_\_\_\_\_\_\_\_\_\_\_ sense of job control and less social support.
* 3. Workers with cardiovascular disorders were more likely to be low grade workers but they were also more likely to be \_\_\_\_\_\_\_\_\_\_ and be overweight

**Conclusions:** \_\_\_\_\_\_\_ control is related to higher stress and greater risk of cardiovascular disease, but high job demand is **not** linked to greater stress and illness

**Evaluation of Marmot et al**

* Sample was biased (only London based civil servants) so may not be \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to other cultures/countries or professions
* Lower grade workers are also more likely to smoke, live in stressful environments and have \_\_\_\_\_\_\_ diets (due to their lower \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ status) and these could have contributed to their higher risk of developing cardiovascular disease, rather than their level of control at work
* However, further research (e.g. Johansson et al, 1978) does support lack of control as a risk factor for high stress levels

**Workplace stress in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Johansson et al (1978)**

**Aim:** To investigate the effect of repetitiveness, high demand and lack of \_\_\_\_\_\_\_\_\_ on levels of stress at work.

**Procedure:** 14 employees in a Swedish sawmill were studied.  Their work was highly \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and they had no control over the pace at which their work was carried out (machine paced). They were compared with a group of group of 10 low stress workers who had more control over their \_\_\_\_\_\_\_\_\_\_\_\_.

They levels of adrenaline and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (stress hormones) in their urine was measured both at work and in their free time, and their number of illnesses and absences from work were recorded.

**Results:** The people in the high stress group had \_\_\_\_\_\_\_\_\_\_\_\_ levels of stress hormones whilst at work than those in the low stress group, and their levels of illness and absenteeism were also higher

**Conclusions:** Repetitiveness, high demand and lack of control were linked to higher levels of stress, which increased illness and absenteeism.

**Evaluation of Johansson et al**

* Measure of stress hormones in the urine is an objective measure of stress levels - reduces the chance of investigator effects and has higher validity than self report measures of stress levels
* The results of the study were useful to \_\_\_\_\_\_\_\_\_\_\_ - the researchers made practical suggestions to lower absenteeism and reduce workload - they suggested job rotation and allowing workers a higher level of control
* This was a natural experiment using correlational data so \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_ cannot be established
* Biased sample - may not be generalisable to other groups