

CG Ohlson et al. *Psychother Psychosom.* Sep-Oct (2001) Vol. 70(5) p 268.

Objective outcome variables which can be employed in stress research include a number of hormones. Changes in hormone levels could arguably have a link with changes in health status.

The aim of this cross-sectional study was to relate levels of endocrine stress markers to perceived job strain in two human service organizations.

103 office-based employees participated (56% participation rate).

Perceived job strain was assessed with a standardized questionnaire containing questions of the demand-control model.

The proposed stress markers: cortisol, prolactin, thyroid-stimulating hormone, testosterone and IgA and IgG were analysed in blood samples.

The main finding was an association between high emotional strain and increased levels of prolactin.

The levels of cortisol, but none of the other four stress markers, increased slightly with emotional strain.

#### Comment

The increase in prolactin was modest but consistent with findings in other published studies on stress-related endocrine alterations.

