

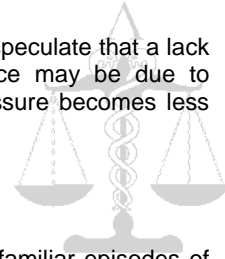
ASteptoe Journal of Psychosomatic Research Vol. 50 #2 Feb 2001 p 57.

A study of blood pressure (BP) as a function of self-reported control, among schoolteachers.

122 teachers took part in the study. At work BP and heart rate, were measured every 20-min.

During episodes of low control, BP was significantly raised. However, overall very few teachers claimed to have low control.

The authors report that their findings confirm findings made in the laboratory. They speculate that a lack of high Blood Pressure among the chronic low control section of the workforce may be due to habituation. That is, the link between perceived low control and raised blood pressure becomes less strong with increased familiarity.



Comment

One interpretation would be that chronic low control may be harmless, but that unfamiliar episodes of low control may not be.

It is not clear whether or not the perception of low control while at work is enhanced by a perceived change in blood pressure. If it were, the study may have been over-interpreted.
