

HSL and HSE

Psychosocial Working Conditions in Great Britain in 2005

The first survey in this series took place in 2004 and was the basis used for the benchmark scoring system used in the stress management standards. The 2005 survey follows 6 months after the launch of the stress management standards. Further surveys will be used to assess whether or not the intervention is having an effect.

Table 5: Responses to the question on Stressfulness by year

Stress level	2004		2005	
	Number	Percentage	Number	Percentage
Not at all stressful	270	16.0	246	16.7
Mildly stressful	544	32.1	518	35.1
Moderately stressful	599	35.4	487	33.0
Very stressful	219	12.9	175	11.9
Extremely stressful	61	3.6	48	3.3
Total	1693	100	1474	100



Analysis of three of the six stress factors and the perceived degree of stress at work showed that self reported degree of role clarity and change at work were not strongly if at all related to perceived stress. Scores for relationships at work and stress at work corresponded with each other but this relationship became less certain as perceived stress increased. Data for demand, control and support were not presented.

Comment

The proportions of people reporting work as, extremely stressful...to...not all stressful, have not changed significantly since the stress management standards were introduced.

The relationships at work questions were based on friction/anger between colleagues, personal harassment, bullying and strained relationships. This may provide useful information o the psychosocial environment at work.

It would seem that in relation to perceived stress, role clarity and change are not key issues in the psychosocial environment.