

APA Stress Survey Results

In June 2008, the American Psychological Association conducted its annual nationwide survey to examine stress and its impact. The following are a few key results on general stress:

1. Nearly half of Americans report that their stress level has increased over the past year, with as many as 30% rating their average stress level as extreme (8, 9, or 10 on a 10 – point scale where 10 means “a great deal of stress”).
2. Thirty three percent of women report an average stress level of 8, 9, or 10 (versus 27% of men).
3. Money and the economy now top the list as sources of stress for eight out of ten Americans (work is listed as third).
4. Thirty five percent of Southerners report that their average monthly stress level was in the extreme level (versus 30% for the Midwest and 27% for both the Northeast and the West).

The American Psychological Association also compiled results for their Fact Sheets on Workplace Stress. The following are a few key results on work stress:

1. Seventy-four percent of employees say that work is a significant source of stress and one in five has missed work as a result of stress (American Psychological Association, 2007).
2. Fifty-two percent of employees report that they have considered or made a decision about their career such as looking for a new job, declining a promotion, or leaving a job based on workplace stress (American Psychological Association, 2007).
3. In 2001, the median number of days away from work as a result of anxiety, stress, and related disorders was 25 – substantially greater than the median of 6 for all nonfatal injury and illness cases (Bureau of Labor Statistics, 2001).
4. Between 1977 and 2002, the combined weekly work hours of dual-earner couples with children has increased by an average of 10 hours per week, from 81 to 91 hours (Bond, Thompson, Galinsky, & Prottas, 2002, p.2).
5. Lost productivity due to presenteeism is almost 7.5 times greater than that lost to absenteeism (Employee Health Coalition, 2,000, p.3).