



AMERICAN PSYCHOLOGICAL ASSOCIATION

Stress in America

Mind/Body Health: For a Healthy Mind and Body, Talk to a Psychologist

Stress in America Atlanta Report

Prepared for:

The American Psychological Association

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Public Affairs and Policy

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Methodology and Sample

The **Stress in America Survey** was conducted online within the United States by Harris Interactive on behalf of the American Psychological Association between June 23, 2008 and August 13, 2008 among 1791 adults aged 18+ who reside in the U.S. and an oversample of 243 adults aged 18+ who reside in Atlanta. The survey averaged 26 minutes in length.

Results were weighted as needed for age, sex, race/ethnicity, education, region and household income among the entire population and within the specific Metropolitan Statistical Area (MSAs) as designated by the US Office of Management and Budget. Propensity score weighting was also used to adjust for respondents' propensity to be online.

All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error which are most often not possible to quantify or estimate, including sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments. Therefore, Harris Interactive avoids the words "margin of error" as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for pure, unweighted, random samples with 100% response rates. These are only theoretical because no published polls come close to this ideal.

Respondents for this survey were selected from among those who have agreed to participate in Harris Interactive surveys. The data have been weighted to reflect the composition of US population aged 18+. Because the sample is based on those who agreed to be invited to participate in the Harris Interactive online research panel, no estimates of theoretical sampling error can be calculated.

Notes on Reading this Report

This report focuses only on the views of residents within the Atlanta MSA and the general population.

“Metropolitan Statistical Areas” (MSAs) are a formal definition of metropolitan areas produced by the U.S. Office of Management and Budget (OMB). These geographic areas are delineated on the basis of central urbanized areas – a contiguous counties of relatively high population density. Counties containing the core urbanized area are known as the central counties of the MSA. Additional surrounding counties (known as outlying counties) can be included in the MSA if these counties have strong social and economic ties to the central counties as measured by commuting and employment. Note that some areas within these outlying counties may actually be rural in nature.

Key Survey Findings

While some Atlanta residents report that their stress has decreased over the past year, they are as likely as Americans as a whole to report that they have experienced very high stress levels over the past month. And, fewer Atlanta residents than Americans overall believe that they have managed stress well over the past month. However, Atlanta residents employ a wide variety of techniques to manage their stress, and are more likely than the nation overall to spend time with friends and family, pray, and play sports as methods of managing stress.

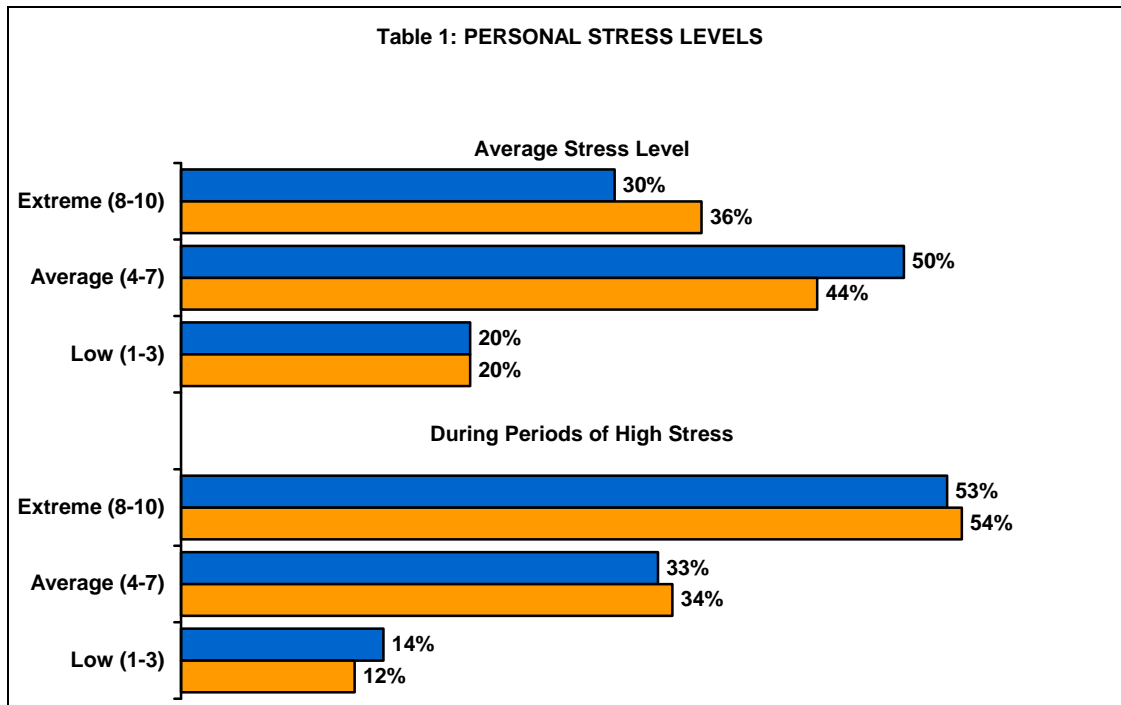
Stress in the workplace is an issue for Atlanta residents; however they are more likely than others to report moderate levels of work-related stress, and half of Atlanta residents would recommend their workplace as a good place to work. Lack of opportunity for advancement, long hours and commuting are particularly stressful for residents of Atlanta, relative to the rest of the country.

- When asked to rate their stress level over the past month, more Atlanta residents than Americans overall give an extreme rating of 8, 9, or 10 on a 10-point scale (36% vs. 30% nationally); yet, during reported periods of high stress, Atlanta residents report levels equal to the national average (7.1 Atlanta, 7.0 nationally).
- Nearly 3 in 10 people in Atlanta (27% vs. 19% nationally) say they have managed their stress poorly in the past month; yet, 20% say their stress level has decreased in the past year (vs. 14% nationally).
- Half of Atlanta workers (50%) say they would recommend their workplace to others as a good place to work (vs. 44% workers nationally), but 4 in 10 workers in Atlanta (37%) say they intend to seek employment outside of their current employer this year (vs. 32% workers nationally).
- More Atlanta workers mention a lack of opportunity for growth/advancement (51% vs. 43% workers nationally) and commuting (38% vs. 31% workers nationally) as having a significant impact on their stress at work than employed Americans overall.

Detailed Survey Findings

Perception of Personal Stress

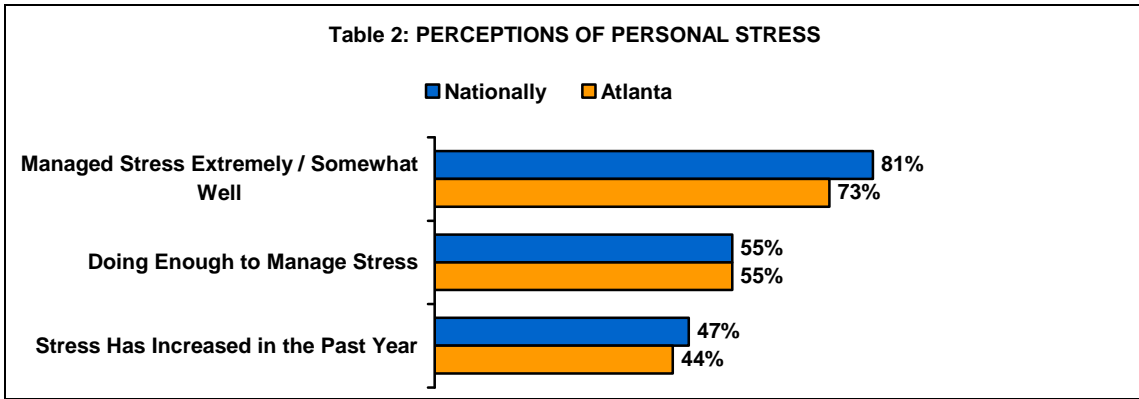
- When asked to rate their stress level over the past month, more Atlanta residents than Americans overall give an extreme rating of 8, 9, or 10 on a 10-point scale (36% vs. 30% nationally). (Q605)
- However, during reported periods of high stress, periods of time when their highest levels of stress are experienced, Atlanta residents report stress levels almost identical to the national average (7.1 Atlanta, 7.0 nationally). (Q635)



Q605. How would you rate your average level of stress during the past month?

Q635. During times when you experienced your highest level of stress in the past month, how would you rate your stress?

- 8 in 10 (81%) Americans nationwide say that they managed their stress well during the past month, but in Atlanta only 7 in 10 (73%) feel they managed their stress well. (Q601)
- In fact, more Atlanta residents say they managed their stress somewhat or extremely poorly during the last month (27% vs. 19% nationally). (Q601)
- Although 3 in 10 people in Atlanta say they are not managing stress well, 1 in 5 Atlanta residents say their stress level has decreased in the past year, which is more than Americans overall (20% vs. 14% nationally). (Q601 and Q623)

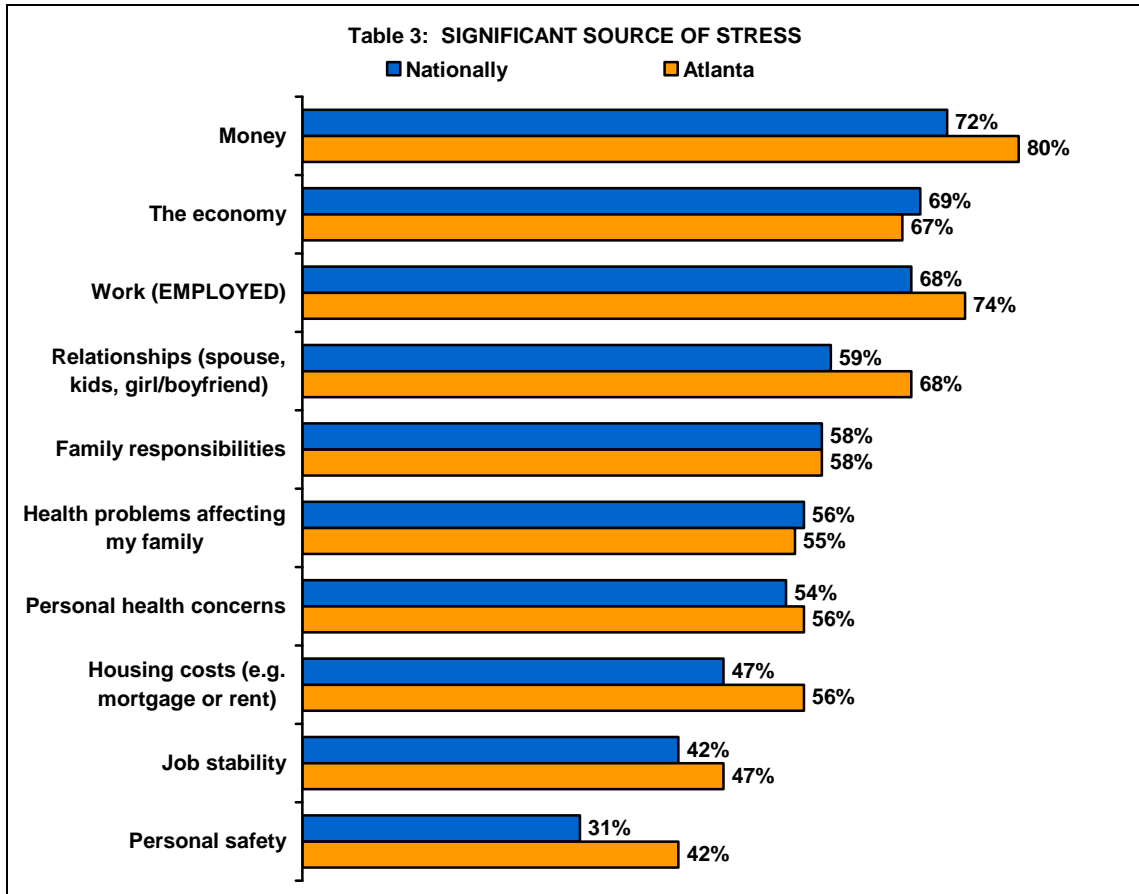


Q601. During the past month how well do you think you managed your stress?

Q1615. Do you feel you are doing enough to manage your stress?

Q623. Thinking about the past year, would you say the level of stress in your life has increased, decreased or has it stayed the same?

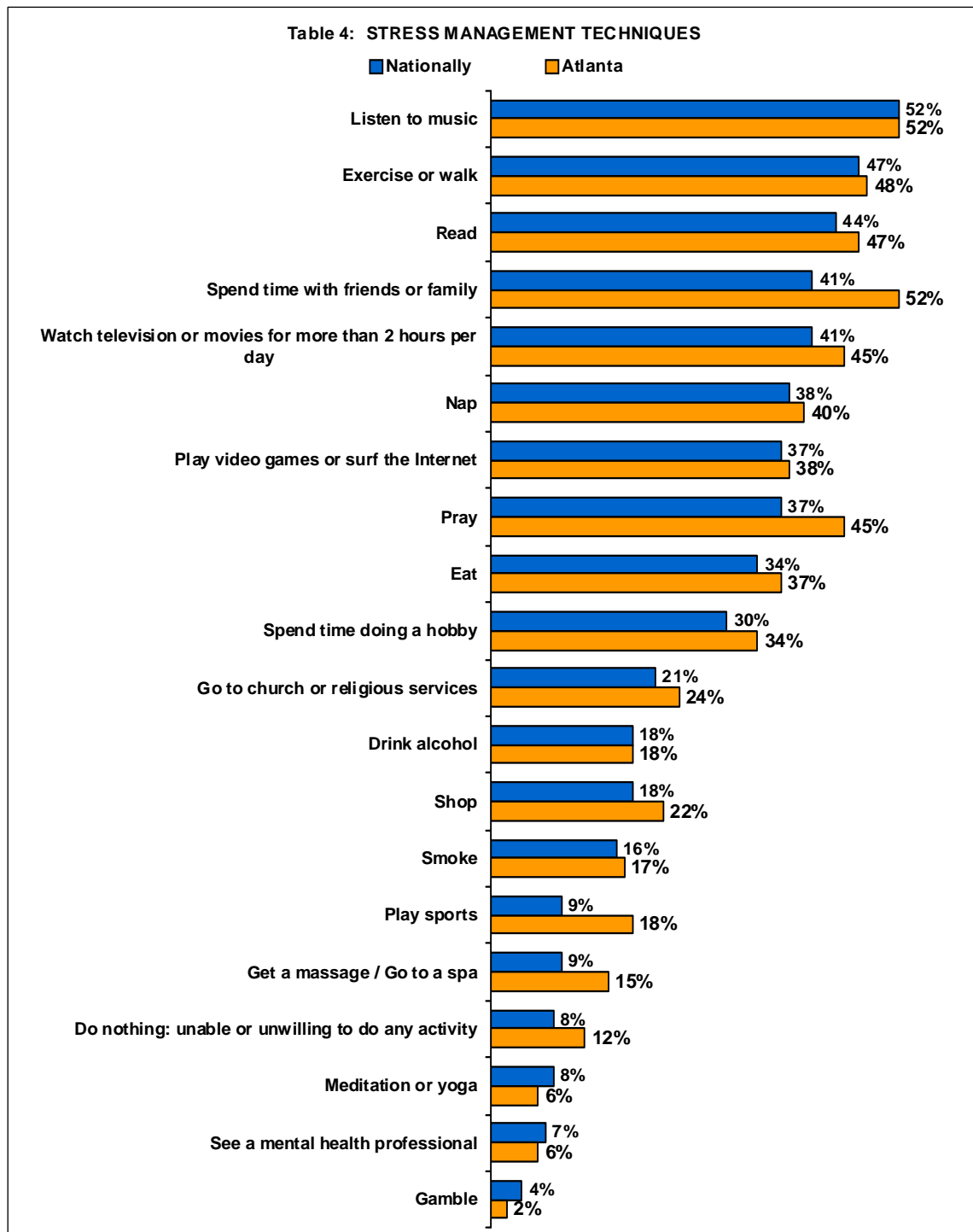
- Atlanta residents are more likely to mention several items as significant sources of stress more than Americans overall. The greatest differences are on the following items:
 - More people in Atlanta say money (80% vs. 72% nationally), relationships (68% vs. 59% nationally), housing costs (56% vs. 47% nationally); and personal safety (42% vs. 31% nationally) are significant sources of stress. (Q625)



Q625. Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

Managing Stress

- When it comes to managing their stress, more people in Atlanta spend time with friends and family (52% vs. 41% nationally), pray (45% vs. 37% nationally), play sports (18% vs. 9% nationally), and get a massage (15% vs. 9% nationally) than Americans as a whole. (Q965)

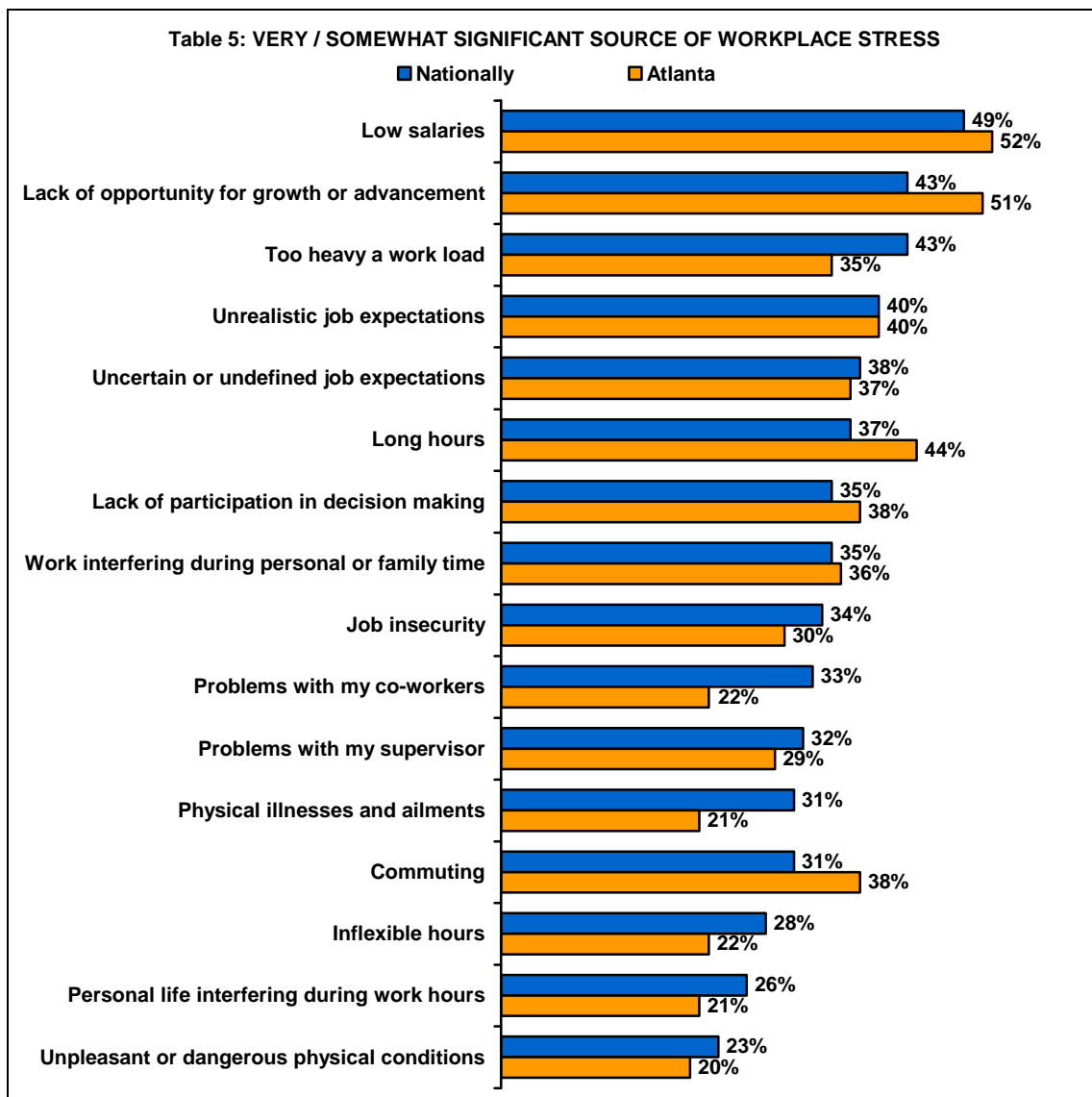


Q965. Do you do any of the following to help manage stress?

Stress in the Workplace

Workplace Environment

- Half of Atlanta workers (50%) agree that they would recommend their workplace to others as a place to work, compared with slightly less than half (44%) of employed Americans overall. (Q1905)
- Even so, almost 4 in 10 workers in Atlanta (37%) say they intend to seek other employment this year, which is more than employed Americans overall (32%). (Q1905)
- Atlanta workers are more inclined to rate their workplace stress at a medium level (4, 5, 6, or 7 on a 10-point scale (58% vs. 50% workers nationally). Only 7% of Atlanta workers give their workplace stress an extreme rating, compared with 17% of employed Americans overall. (Q1900)
- Atlanta workers are also less inclined than employed Americans overall to say that problems with their coworkers (22% vs. 33% workers nationally) and their supervisor (29% vs. 32% workers nationally) are significant sources of stress. (Q910)
- Workers in Atlanta mention a lack of opportunity for growth/advancement (51% vs. 43% workers nationally), long hours (44% vs. 37% workers nationally), and commuting (38% vs. 31% workers nationally) as having a significant impact on their stress at work more than employed Americans overall. (Q910)



Q910. Indicate how significant the impact is on your stress level at work.

Balancing Work and Family

- Fewer Atlanta workers report that job and family responsibilities have interfered with each other at least once in the past 3 months compared to employed Americans nationwide.
 - Fewer Atlanta workers say job demands have interfered with family duties (49% vs. 56% workers nationally), and that family responsibilities have interfered with their ability to perform their jobs well (37% vs. 47% workers nationally) at least once in the past 3 months. (Q920)

Managing Workplace Stress

- More Atlanta workers have missed at least 1 day of work in the past year due to stress compared to employed Americans overall (29% vs. 23% workers nationally). (Q925)
- More Atlanta workers have also reported lost productivity in the past month due to stress (71% vs. 60% workers nationally). (Q945)