



AMERICAN PSYCHOLOGICAL ASSOCIATION

# Stress in America

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

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## Stress in America Detroit Report

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Prepared for:

**The American Psychological Association**

Prepared By:

**Harris Interactive Inc.  
Public Affairs and Policy**

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## Methodology and Sample

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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 235 adults aged 18+ who reside in Detroit. 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

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This report focuses only on the views of residents within the Detroit 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 –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

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Given Detroit's history as the seat of the American automobile industry, it is perhaps not surprising that Detroit residents are experiencing more stress related to money and job concerns than Americans nationally. Detroit residents are significantly more likely to mention money woes and concerns about the economy and job stability than Americans nationwide. Regarding work stressors in particular, Detroit workers are more likely to cite lack of opportunity for growth, long hours, and job insecurity as having a significant impact on their stress levels at work.

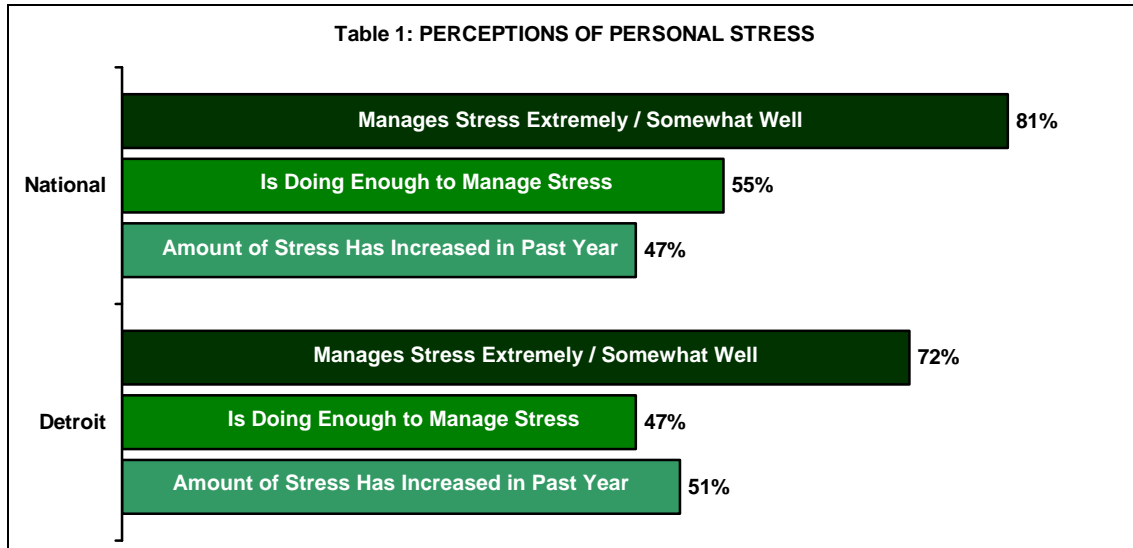
Interestingly, compared to Americans overall, fewer residents of Motown say they listen to music to reduce stress. Detroit residents were more likely to report reading and watching TV or movies as things they do to help manage stress than Americans nationwide.

- Detroit residents are less likely than Americans overall to feel that they are managing their stress extremely or somewhat well (72% vs. 81% nationally). (Q601)
- Not surprisingly, Detroit residents are more likely than Americans nationally to cite money (84% vs. 72% nationally), the economy (79% vs. 69% nationally), and job stability (55% vs. 42% nationally) as significant sources of stress. (Q625)
- Residents of Detroit say listening to music (48% vs. 52% nationally), exercising/walking (46% vs. 47% nationally), reading (54% vs. 44%), spending time with family (42% vs. 41% nationally) and watching TV or movies for more than two hours per day (48% vs. 41% nationally) are some of the ways they manage their stress. (Q965)
- In addition to economic stresses, Detroit workers are more likely than employees generally to say that lack of opportunity for growth (53% vs. 43% nationally), long hours (49% vs. 37% nationally), and job insecurity (40% vs. 34% nationally) has a significant impact on their stress level at work. (Q910)
- And, while fewer Detroit employees report being satisfied with their jobs (56% vs. 61% nationally), compared to employed Americans overall, they tend to be more willing to recommend their workplace as a good place to work (49% vs. 44% workers nationally). (Q905 & Q1905)

## Detailed Survey Findings

### Perception of Personal Stress

- Detroit residents are less likely than Americans overall to feel that they are managing their stress extremely or somewhat well (72% vs. 81% nationally). (Q601)
- In fact, those in Detroit are more likely than Americans overall to say they have managed their stress somewhat or extremely poorly (28% vs. 19% nationally). (Q601)
- Similarly, fewer Detroit residents feel they are doing enough to manage their stress as compared to adults nationwide. (47% vs. 55% nationally). (Q1615)

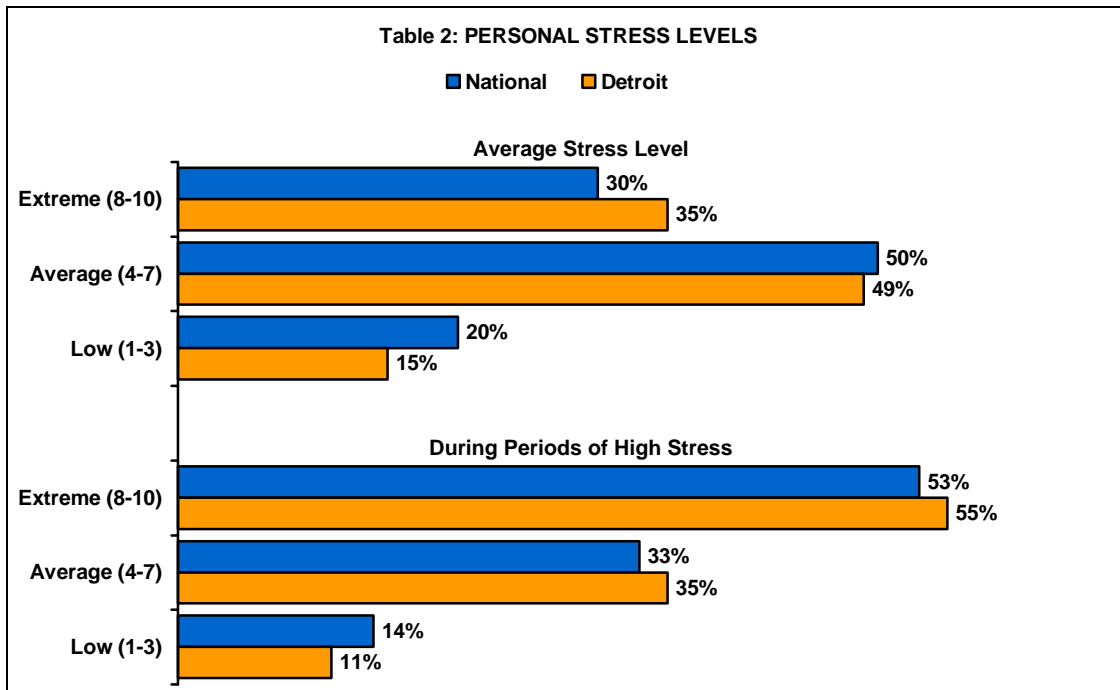


Q601 During the past month how well do you think you managed your stress?

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

Q6232 And now thinking about the past year, would you say the level of stress in your life has increased, decreased, or has it stayed the same?

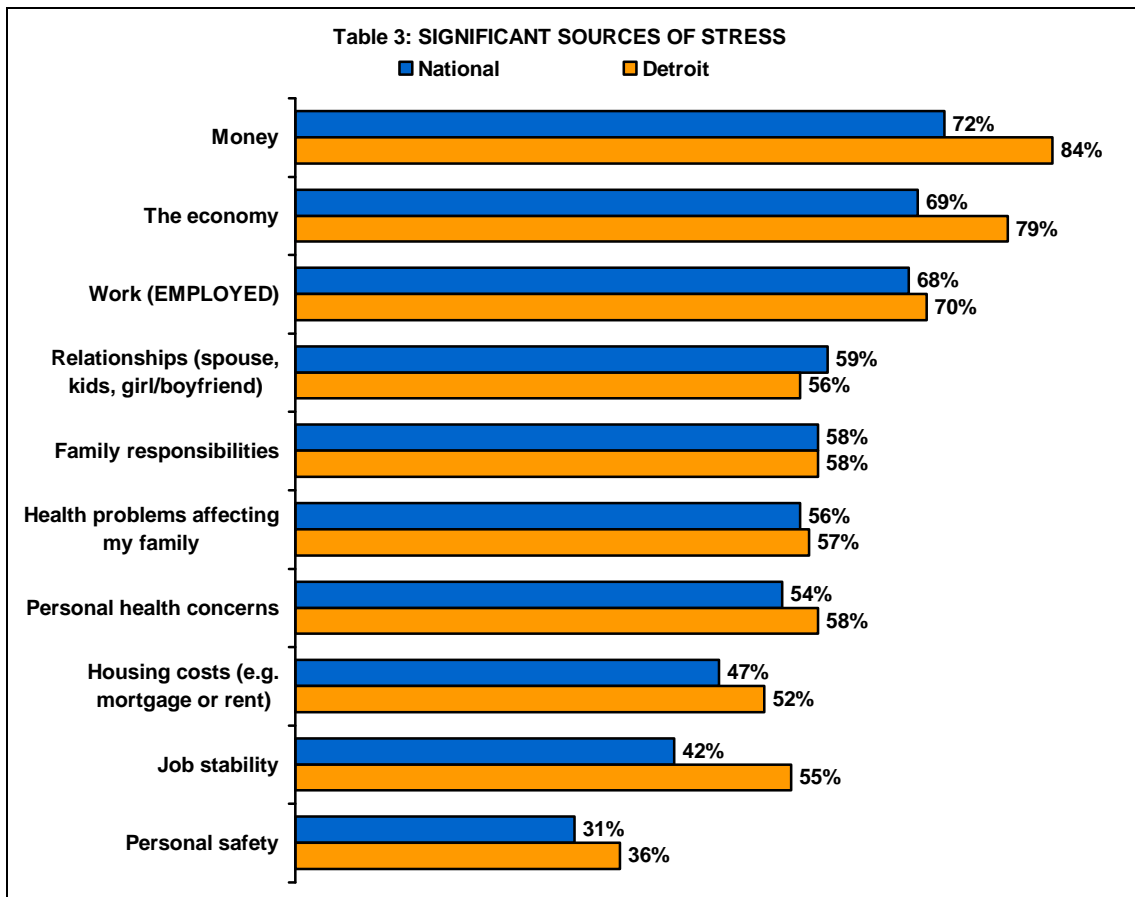
- A higher proportion of Detroit residents rate their average monthly stress in the extreme range (35% rate their stress an 8, 9, or 10 on a 10-point scale) as compared to 30% of Americans generally. (Q605)
- During reported periods of high stress - times when their highest levels of stress are experienced, Detroit residents are as likely as Americans overall to rate their stress 8, 9 or 10 (55% vs. 53% nationally). (Q635)



Q605 On a scale from 1 to 10, where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?

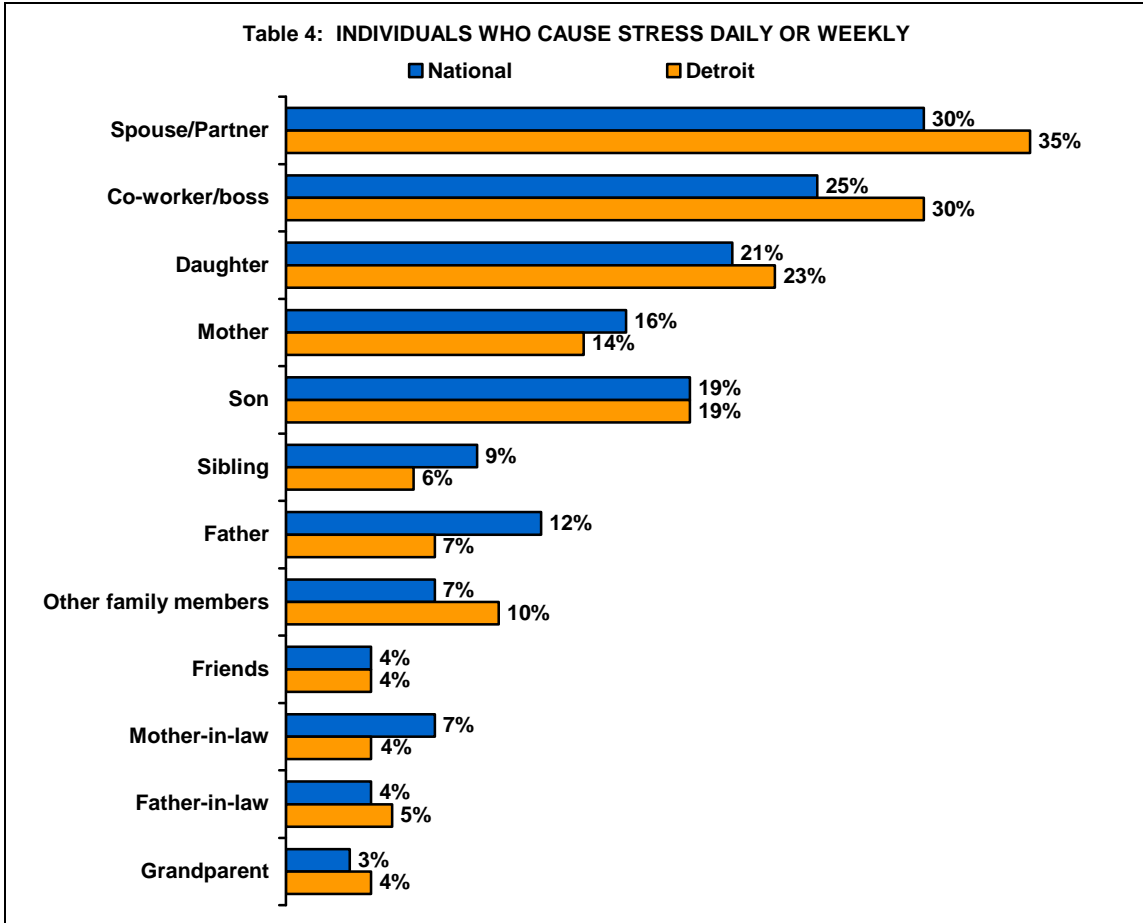
Q635 During times when you experienced your highest level of stress in the past month, how would you rate your stress where 1 means you had little or no stress and 10 means you had a great deal of stress?

- Detroit residents are more likely than Americans nationally to cite money, the economy, and job stability as significant sources of stress.
  - Specifically, Detroit residents are more likely to mention money (84% vs. 72% nationally), the economy (79% vs. 69% nationally), and job stability (55% vs. 42% nationally) as 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.

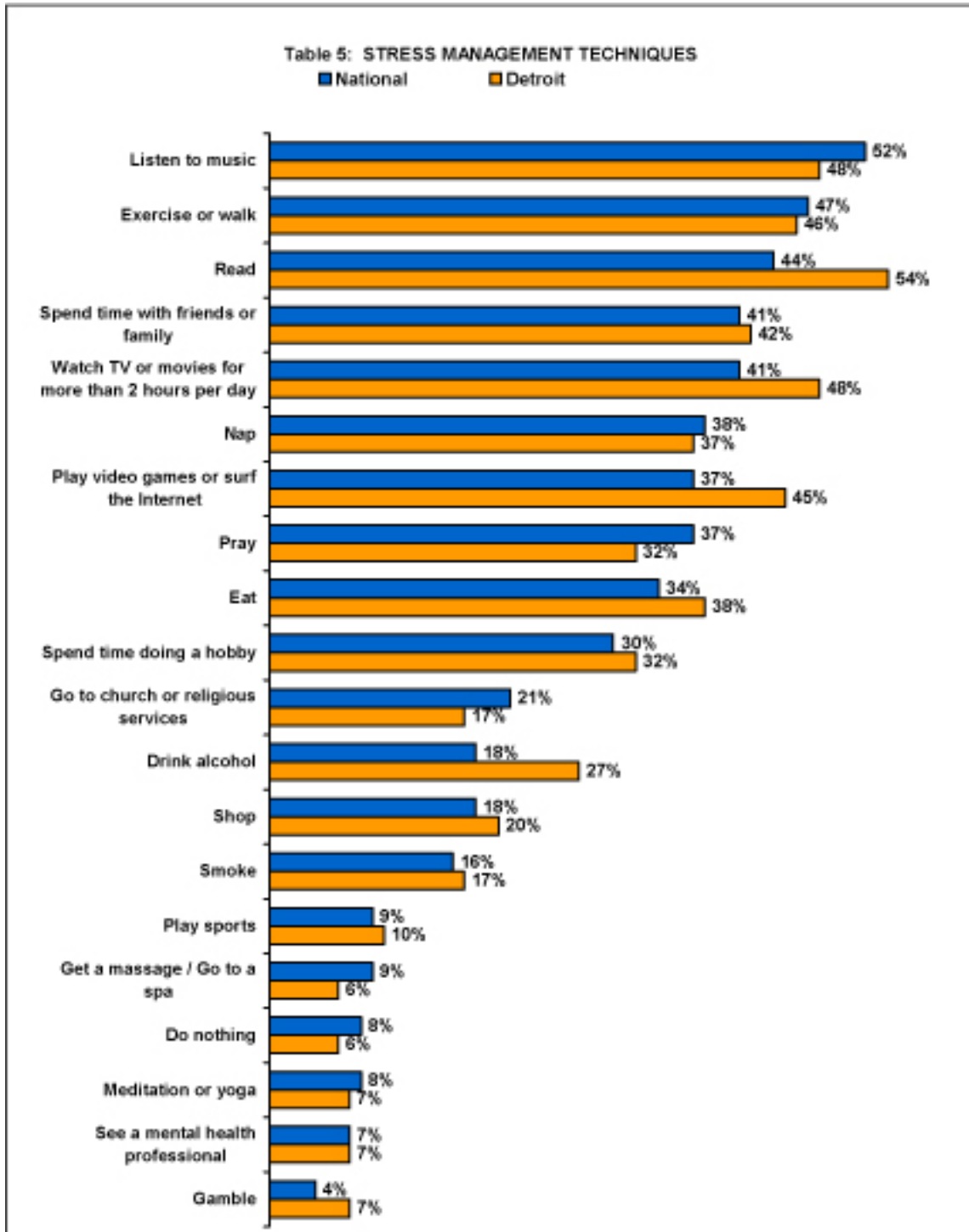
- In terms of who causes us stress, Detroit residents, to a greater degree than Americans overall, report that their spouse/partner (35% vs. 30% nationally) or co-worker/boss (30% vs. 25% nationally) cause them stress on daily or weekly basis. (Q1700)



Q1700 How often do you feel the following people are a source of stress for you?

## Managing Stress

- Generally speaking, when it comes to managing their stress, Detroit residents are on par with Americans overall in terms of what they do to relieve stress.
- Fewer Detroit residents listen to music (48% vs. 52% nationally), pray (32% vs. 37% nationally), or go to church (17% vs. 21% nationally) as ways to manage stress. (Q965)
- More Detroit residents mention reading (54% vs. 44% nationally). (Q965)



Q965 Do you do any of the following to help manage stress? Please select all that apply?

## Stress in the Workplace

### ***Workplace Environment***

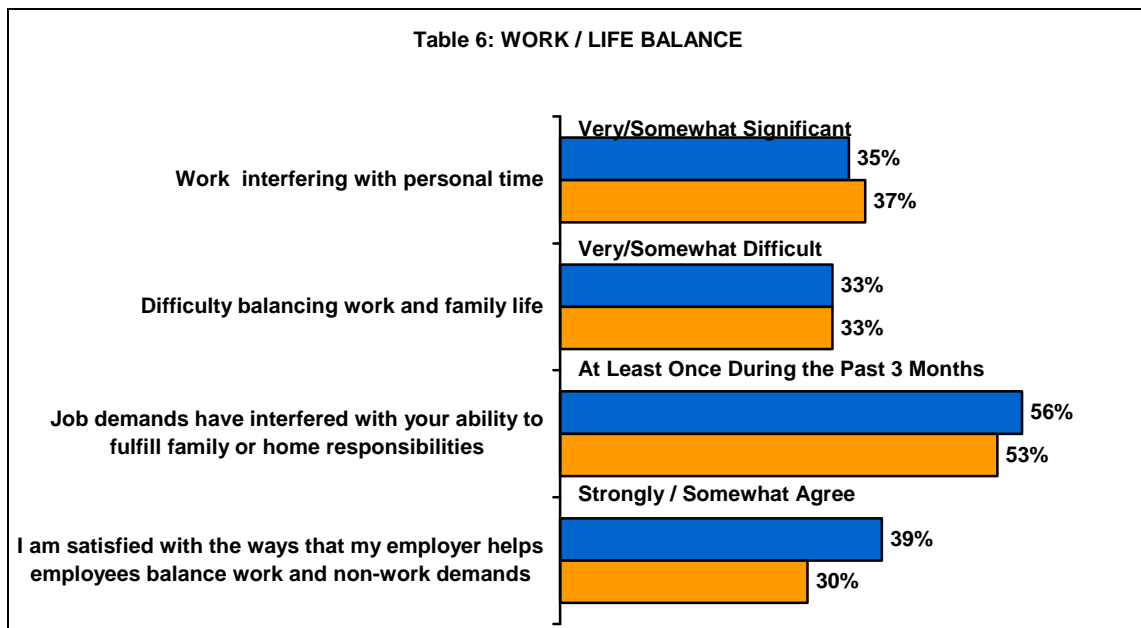
- As it relates to the workplace, employees in Detroit report similar experiences as adults in general.
  - Detroit residents report an average daily stress level from work that is on par with employed Americans overall (both rate 4.8 out of 10). (Q1900)
  - Similar proportions of employees in Detroit and across the country say that they feel tense or stressed at work (39% for both). (Q905)
- More Detroit workers than employees generally say that lack of opportunity for growth (53% vs. 43% nationally), long hours (49% vs. 37% nationally), and job insecurity (40% vs. 34% nationally) are significant sources of stress work. (Q910)
- And while less Detroit employees than employees generally report being satisfied with their jobs (56% vs. 61% nationally), employees in Detroit tend to be more willing to recommend their workplace as a good place to work (49% vs. 44% workers nationally). (Q905 & Q1905)

### ***Managing Workplace Stress***

- A majority of Detroit workers, as well as employed Americans overall, agree that they have the resources available to manage their stress (57% and 56% workers nationally). (Q905)
- Detroit workers (14%) are less likely than American workers overall (23%) to report missing at least 1 day of work in the past year due to stress. (Q925)
- And, fewer Detroit workers (50%) than employed Americans overall (60%) report lost productivity due to stress. (Q945)

## Balancing Work and Family

- Like employees across the country, employees in Detroit are juggling both work and family responsibilities.
  - One-third of each group says it's difficult to balance work and family (33% for both). (Q915)
  - Similarly, their experiences with work impacting personal life or vice versa is similar to that of employees on a national basis:
    - Work interfering with personal time (37% vs. 35% workers nationally) as a significant source of stress; and
    - Personal life interfering with work as a significant source of stress (26% for both). (Q910)
  - Furthermore, Detroit workers and employed Americans overall say that job demands have interfered with their ability to fulfill home/family duties at least once in the past 3 months (53% vs. 56% workers nationally). (Q920)
  - However, Detroit workers are less likely than employed Americans overall to feel satisfied with the ways their employer helps employees balance work and non-work demands (30% vs. 39% workers nationally). (Q1905)



Q910 Below is a list of factors people say impact stress levels in their work. For each one, please indicate how significant the impact is on your stress level at work.

Q915 Please indicate if you find it difficult or not to balance work and family life.

Q920 For each of the statements below, please indicate how often each of the following has happened to you during the past three months.