



AMERICAN PSYCHOLOGICAL ASSOCIATION

Stress in America

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

Stress in America Los Angeles Report

Prepared For:

The American Psychological Association

Prepared By:

Harris Interactive Inc.

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 256 adults aged 18+ who reside in Los Angeles. 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 (MSA) 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 Los Angeles MSA and the general population. For a review of the full topline results for additional cities please refer to the previously prepared Interview Schedule.

“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

As compared to adults across the country, Los Angeles residents report similar levels of stress, causes of and management of their stress. In a few areas, however, those living in LA have some distinctive views or behaviors. Larger proportions of those in LA cite work, money and housing costs as significant sources of stress and more in LA report spending time with family or friends or watching TV/movies as techniques they use to manage their stress.

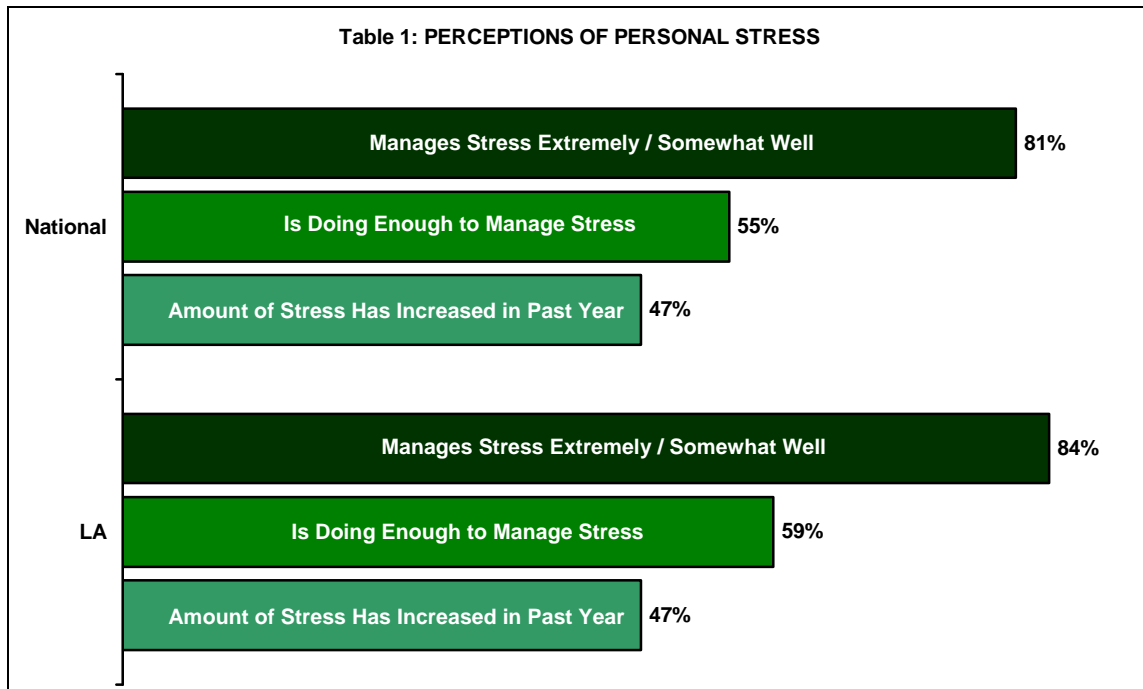
When it comes to work, employees in Los Angeles are again generally similar to employees in other parts of the country. Interestingly, more Los Angeles workers report lower levels of stress due to work, they tend to be more satisfied with their jobs and would also be more inclined to recommend their workplace to others than Americans in the rest of the country.

- Stress levels in LA are similar to the national average (6.0 LA vs. 5.9 nationally on a 10-point scale). Additionally, roughly the same percentage of LA residents rate their stress 8, 9, or 10 as Americans overall (31% LA, 30% nationally).
- Larger proportions of LA residents cite money (79% LA, 72% nationally), work (76% LA, 68% nationally), housing costs (54% vs. 47% nationally) and job stability (49% LA, 42% nationally) as significant sources of stress.
- Yet, nearly half of all LA workers report low stress levels at work (45% vs. 34% workers nationally).
- LA workers are also less inclined than employed Americans overall to find balancing work and family life difficult (25% vs. 33% workers nationally). In fact, more than one-third of LA workers say that it is not at all difficult to balance work and family life (35% vs. 26% workers nationally).
- More workers in LA than employed Americans overall report that they are satisfied with the way their employer helps employees balance work and non-work demands (44% vs. 39% workers nationally) and their job overall (67% vs. 61% workers nationally).
- LA workers are just as likely to say that they would recommend their workplace to others as a good place to work as compared to employed Americans overall (46% vs. 44% workers nationally).

Detailed Survey Findings

Perception of Personal Stress

- People in Los Angeles are about as likely as Americans overall to say they have managed their stress well in the past month (84% vs. 81% nationally) and about as likely to say that they manage their stress *extremely* well (26% vs. 29% nationally). (Q601)
- Although 8 out of 10 (84%) LA residents feel they managed their stress well in the past month, just 6 out of 10 say they feel they are doing enough to manage stress (59%). (Q1615)
- Those in LA are similar to Americans overall when reporting whether or not they feel their stress level has increased in the past year (47% for both). (Q623)

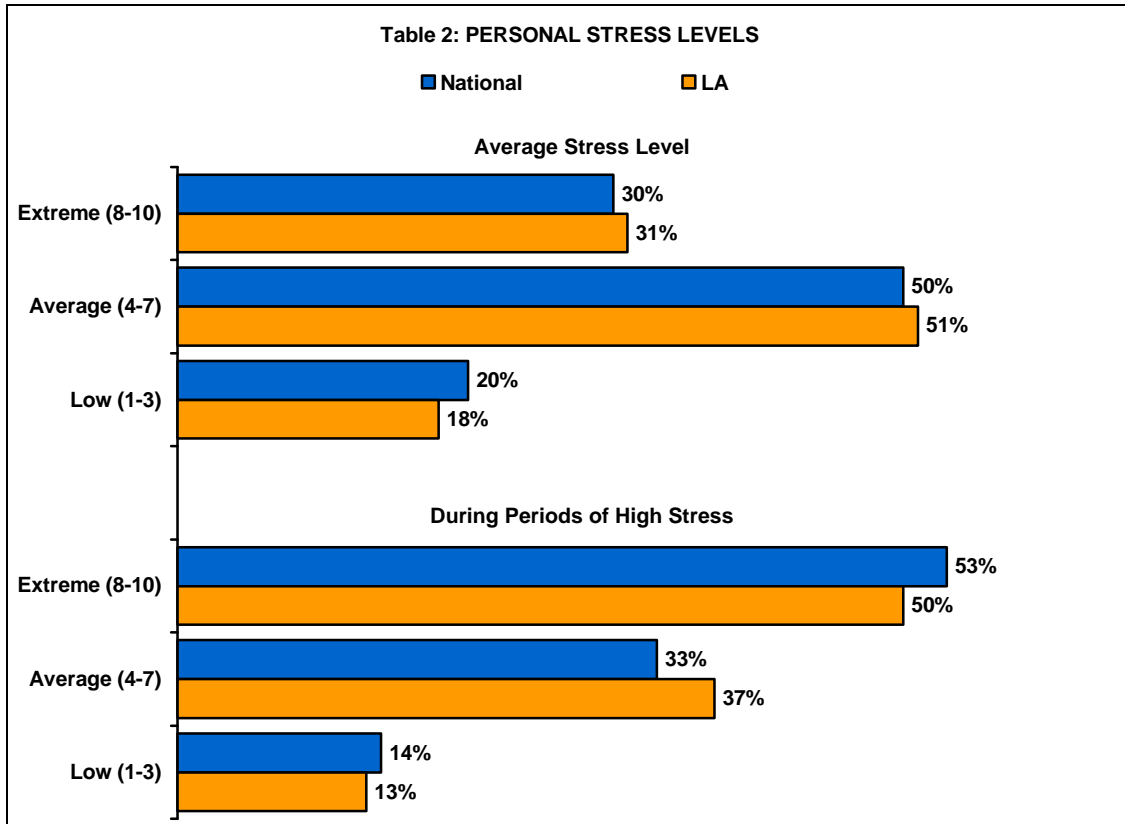


Q601: During the past month how well do you think you managed your stress?

Q1615: Do you feel that 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 about the same?

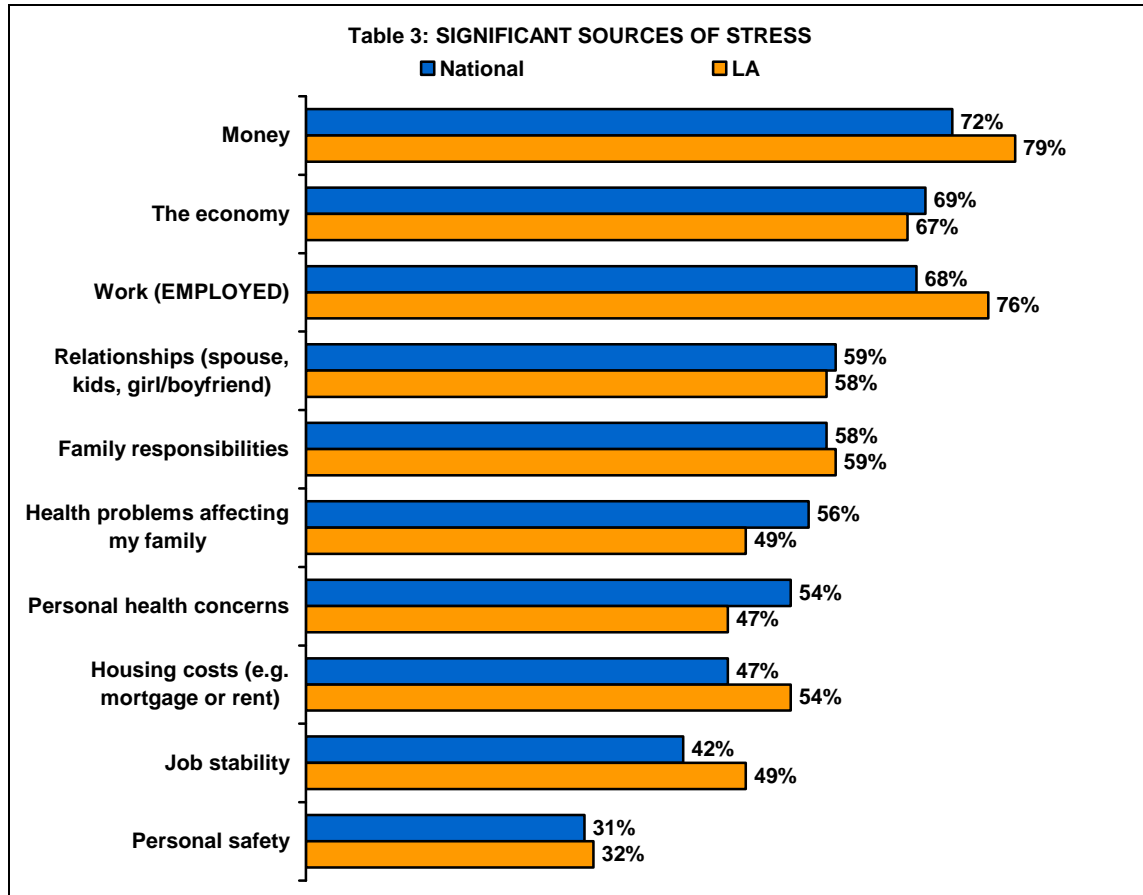
- Stress levels in LA are similar to the national average. 3 out of 10 LA residents rates their stress level in the extreme range, evaluating their stress as an 8, 9 or 10 on a 10-point scale (31% LA, 30% nationally) with an average stress rating of 6.0 (compared to 5.9 nationally). (Q605)
- Even during reported periods of high stress, periods of time when their highest levels of stress are experienced, LA residents are fairly similar to Americans overall, with an average high stress rating of 6.8 (compared to 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?

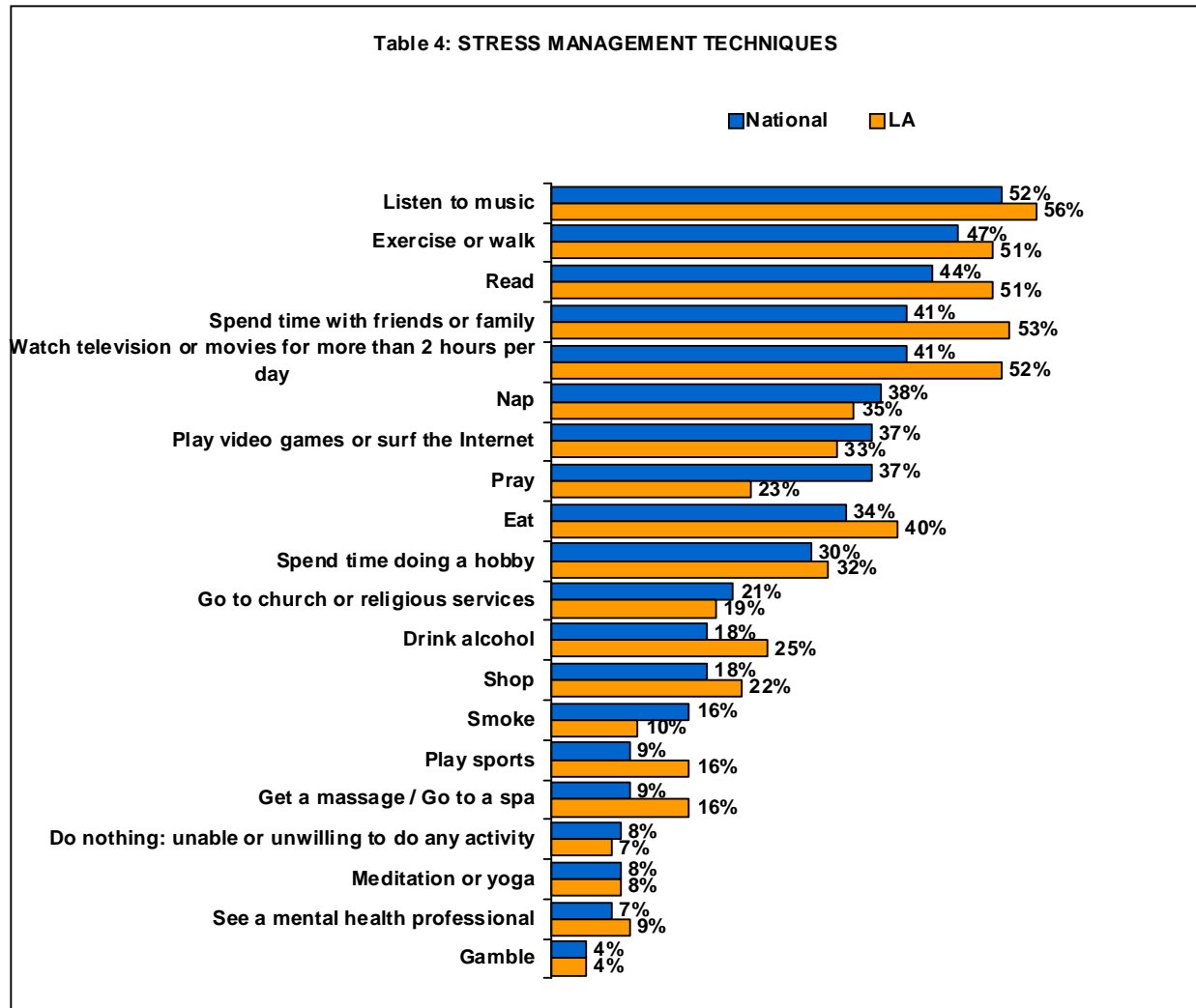
- When asked about significant sources of stress, LA residents are as likely as Americans overall to mention the economy (67% LA, 69% nationally), relationships (58% LA, 59% nationally), and family responsibilities (59% LA, 58% nationally).
- More LA residents cite money (79% LA, 72% nationally), work (76% LA, 68% nationally), housing costs (54% vs. 47% nationally) and job stability (49% LA, 42% nationally), and fewer mention health problems affecting them (47% LA, 54% nationally) or their family (49% LA, 56% 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.

Managing Stress

- Overall, LA residents use the same kind of techniques to manage their stress as adults do nationally, including listening to music (56% LA, 52% nationally); watching TV (52% LA, 41% nationally); spending time with family or friends (53% LA, 41% nationally); and exercising or walking (51% LA, 47% nationally).
 - In fact, LA residents are significantly more likely than Americans overall to say that spending time with family and friends (53% vs. 41%) and watching TV or movies for more than 2 hours per day (52% vs. 41%) are strategies they use to help them manage their stress. (Q965)

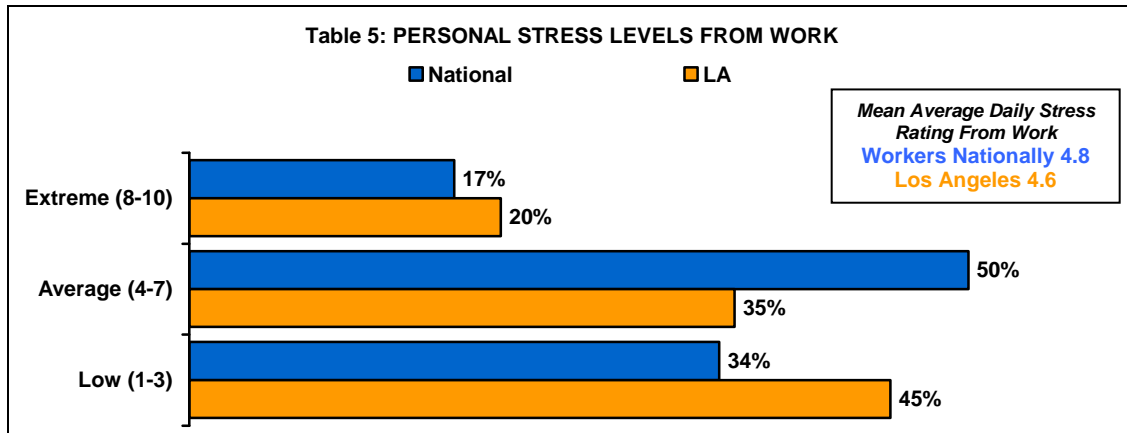


Q965. Do you do any of the following to help manage stress?

Stress in the Workplace

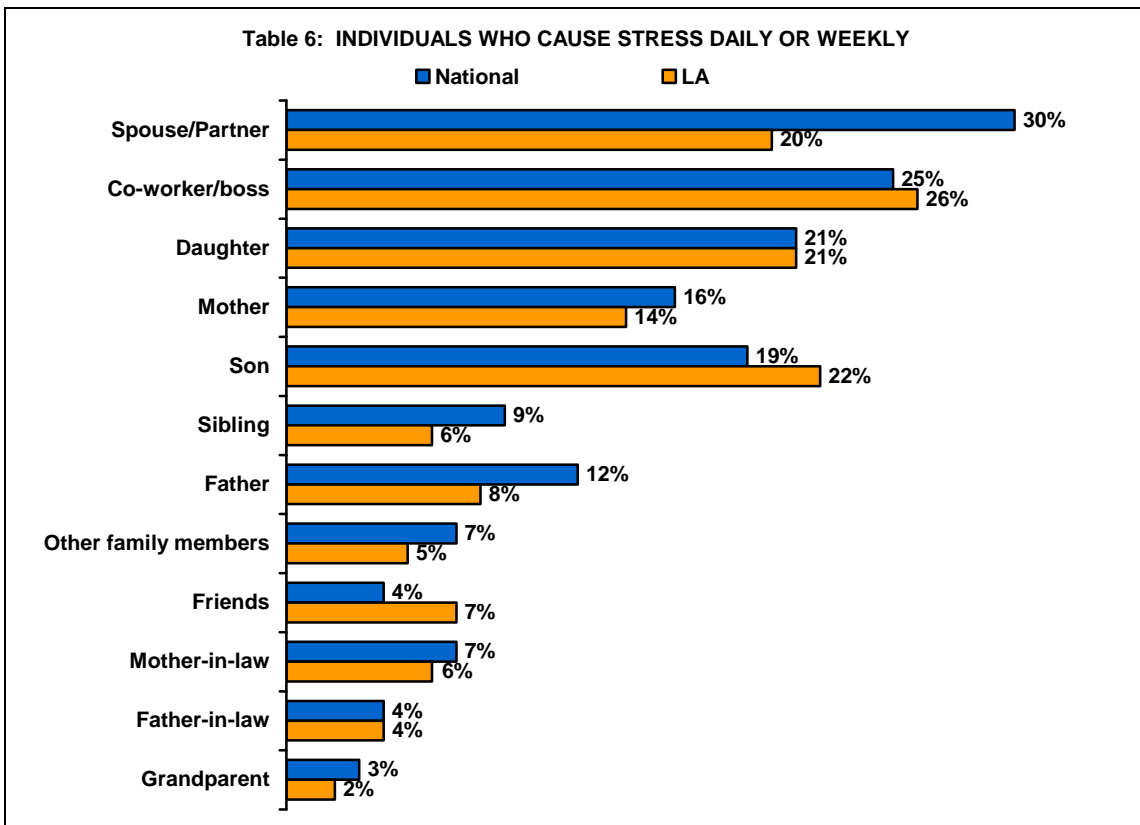
Workplace Environment

- Compared to employed Americans nationwide, more workers in LA report that they are satisfied with their job (67% vs. 61% workers nationally) and that they would recommend their workplace to others as a good place to work (46% vs. 44% workers nationally). (Q905 & Q1905)
- Additionally, more LA workers report low stress levels at work as compared to employed Americans overall.
 - While half (50%) of employed Americans nationwide report *medium* stress levels at work (4, 5, 6, or 7 on a 10-point scale), a similar proportion of LA workers (45%) report *low* stress levels at work (1, 2, or 3 on a 10-point scale). (Q1900)



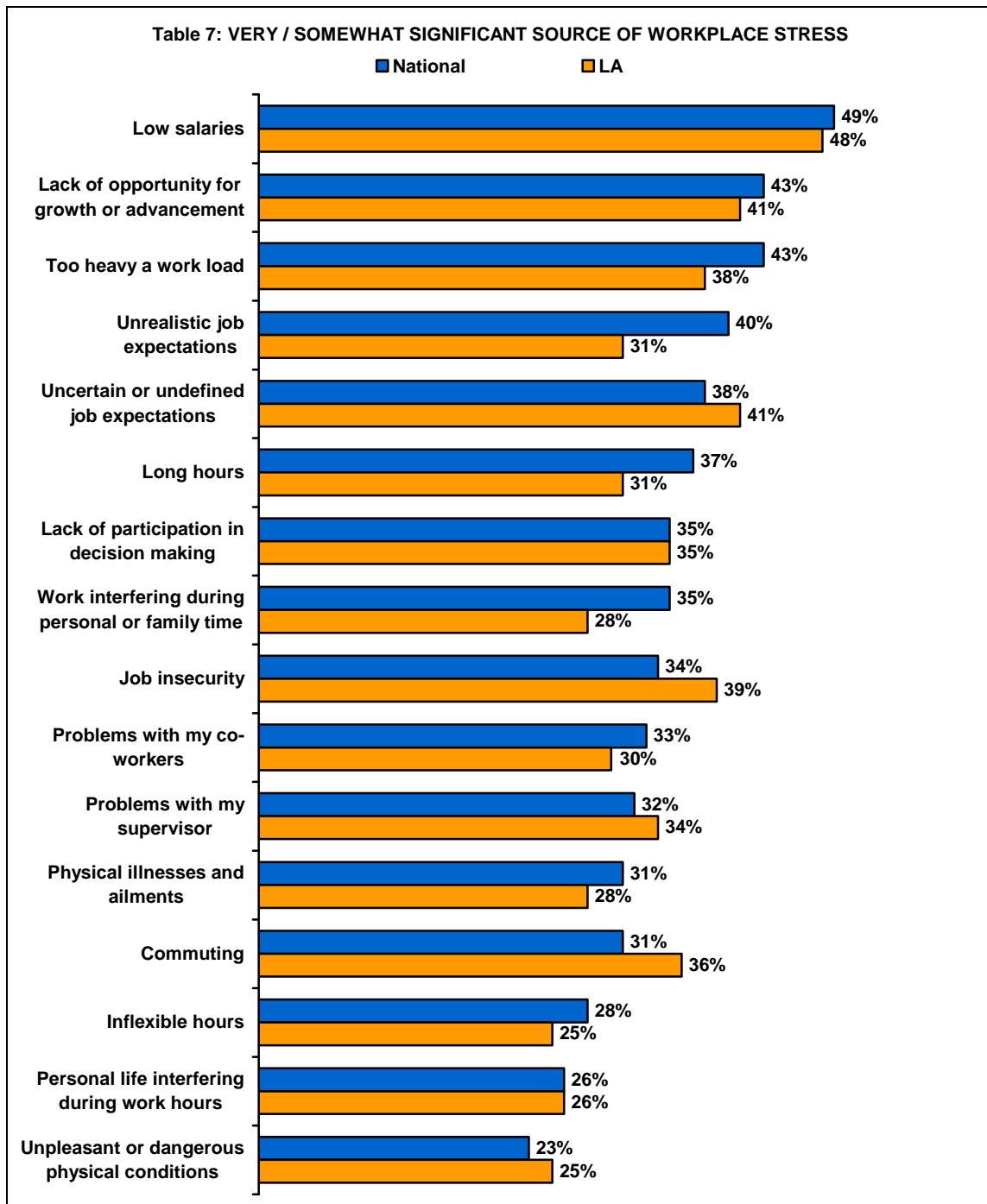
Q605. What is your average daily level of stress from work where 1 means little or no stress and 10 means a great deal of stress?

- Among Americans overall, people are more likely to say that a spouse/partner (30%), more than a co-worker/boss (25%) causes them daily/weekly stress. But, LA residents mention their co-worker/boss (26%) as a daily/weekly source of stress before their spouse/partner (20%). (Q1700)



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

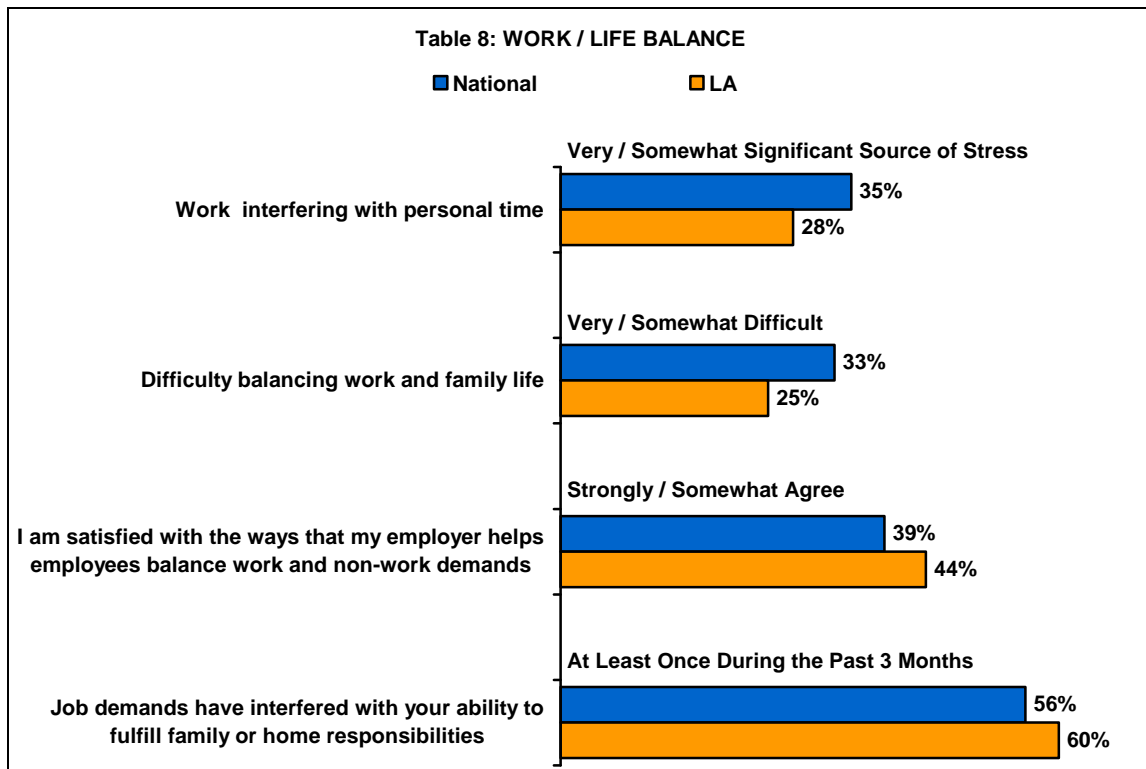
- When asked how significant an impact certain factors had on their stress level at work, more LA workers than employed Americans overall say that uncertain job expectations (41% vs. 38% workers nationally) and job insecurity (39% vs. 34% workers nationally) have a significant impact. (Q910)
 - Compared to employed Americans nationwide, fewer LA workers mention too heavy a workload (38% vs. 43% workers nationally), unrealistic job expectations (31% vs. 40% workers nationally), and long hours (31% vs. 37% workers nationally) as significant sources of work stress. (Q910)



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.

Balancing Work and Family

- Compared to employed Americans nationwide, fewer workers in LA say that work interfering with personal time is a significant source of work stress (28% vs. 35% workers nationally). (Q910)
- Similarly, LA workers are also less inclined to find that balancing work and family life is difficult (25% vs. 33% workers nationally). In fact, more than one-third of LA workers say that it is not at all difficult to balance (35% vs. 26% workers nationally). (Q915)
- And, compared to employed Americans overall, more LA workers report satisfaction with the way their employer helps employees balance work and non-work demands (44% vs. 39% workers nationally). (Q1905)
- Yet, more LA workers than employed Americans overall say that job demands have interfered with their ability to fulfill family or home responsibilities at least once in the past 3 months (60% vs. 56% workers nationally). (Q920)



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?

Q1905: Please indicate how strongly you agree or disagree with the following statements.

Q920: For each of the statements below, please indicate how often each of the following has happened to you during the past 3 months.

Managing Workplace Stress

- Workers in LA are similar to employed Americans nationwide when it comes to how many workers miss days or report lost productivity due to stress.
 - 1 out of 5 workers in LA and employed Americans nationwide report missing at least one day from work in the past year due to stress (22% LA, 23% workers nationally). *(Q925)*
 - During the past month, 6 in 10 workers in LA (61%) and nationwide (60%) report losing some amount of productivity at work due to stress. *(Q945)*