



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 Denver Report

Prepared For:
The American Psychological Association

Prepared By:
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Background and Objectives

The American Psychological Association (APA) commissioned Harris Interactive Inc. to conduct a survey to understand the perceptions of stress and its impact among the general public.

The goal of this research is to draw attention to the implications of stress and foster appreciation of the mind/body link as a key component of good overall health. This research is intended for public release to generate media interest in overall health and well-being and specifically on mental health.

Methodology and Sample

The Stress in America survey was conducted online within the United States by Harris Interactive on behalf of APA between July 20, 2009, and August 4, 2009, among 1,568 adults aged 18 and older who reside in the U.S., including an oversample of 202 adults aged 18 and older who reside in Denver.

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) for each city as designated by the U.S. Office of Management and Budget. Propensity score weighting also was 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 percent 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 the U.S. population aged 18 and older. 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 Denver 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 — 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

Overall, Denver residents appear to be more stressed compared to Americans nationally; more Denver residents rate their stress levels in an extreme range and Denver residents are more likely than Americans nationally to consider several factors significant sources of stress.

- Money, work and the economy are the most commonly cited sources of stress among Denver residents and Americans overall; however, work is much more likely to be seen as a significant source of stress to Denver residents compared to Americans overall (80 percent vs. 69 percent nationally).
- Over one-third (35 percent) of Denver residents reported an average stress level in the extreme range (8, 9 or 10 on a 10-point scale), compared to 24 percent of Americans overall.
- Even though they are more likely than Americans overall to report high stress levels, over half (52 percent) of Denver residents feel they are doing enough to manage their stress (though less than adults nationally (58 percent)).

Employed Denver residents are less satisfied with their current employment than Americans overall and report more difficulty with balancing work and home responsibilities.

- Compared to employees nationally, fewer Denver employees report being satisfied (60 percent vs. 65 percent nationally) with their jobs and more report being tense or stressed during the workday (44 percent vs. 41 percent nationally).
- Specifically, Denver employees report less satisfaction with their employers in many areas, including how their employer recognizes the contributions of employees, the type of employee involvement initiatives offered by their employer and how their employer helps them balance work and non-work demands.
- Denver workers are struggling to balance work and are more likely than Americans overall to report interference between their work and personal lives.

Denver residents rate their health relatively high overall. They are less likely than Americans overall to have high cholesterol or Type-2 Diabetes.

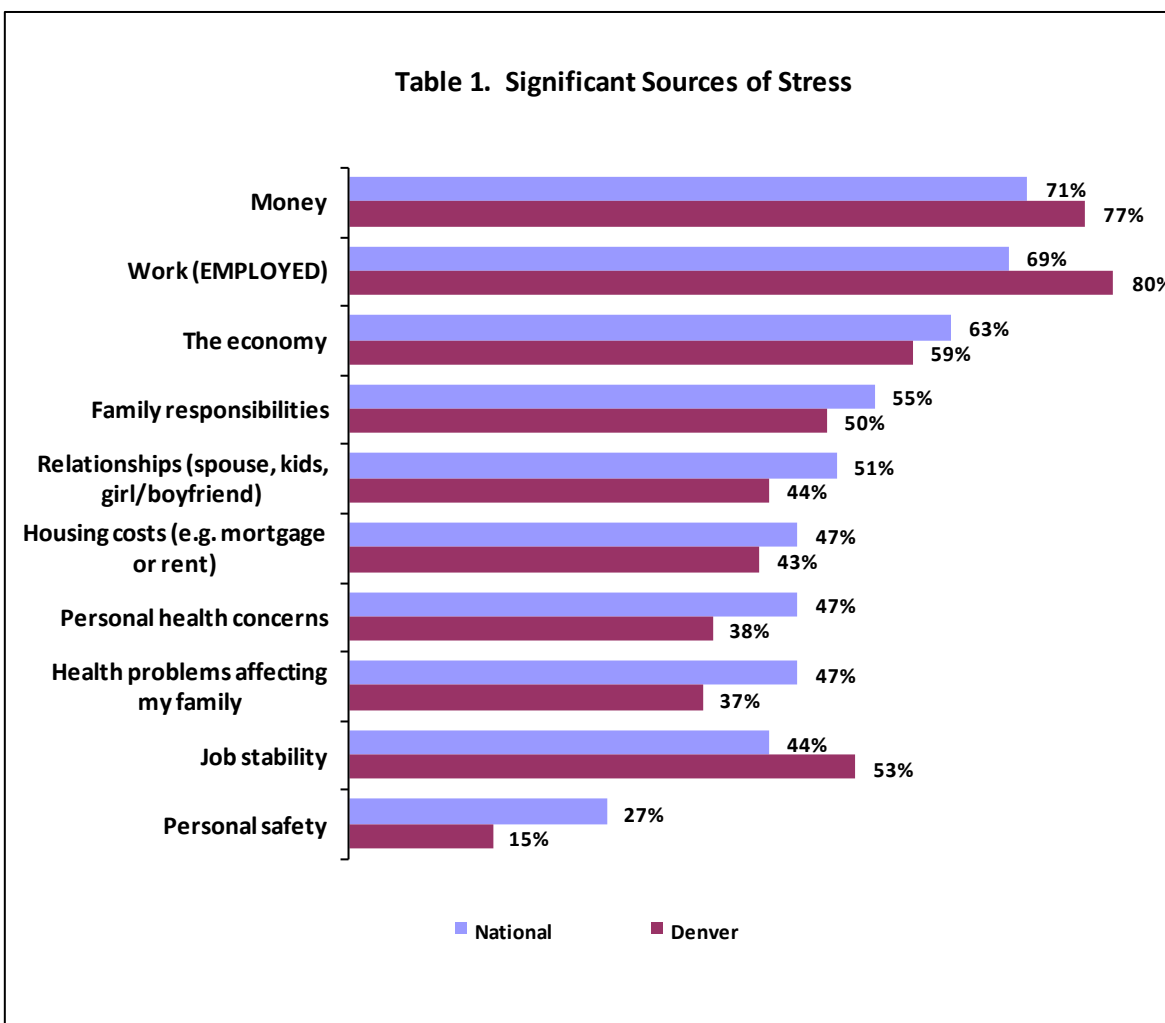
- Nearly half of Denver residents (49 percent) view their health as excellent or very good compared to 40 percent of Americans overall.
 - They are more likely than Americans overall to have depression but are less likely to have high cholesterol or Type-2 Diabetes.
- When it comes to lifestyle change recommendations from health providers, nearly two-thirds (64 percent) of Denver residents have been advised by a provider to make one or more lifestyle changes and the two most common recommendations were the same as what was recommended for Americans overall: exercise more (47 percent vs. 48 percent nationally) and lose weight (36 percent vs. 38 percent nationally).
 - One-third of Denver residents (34 percent) say they were prevented from following through with lifestyle change recommendation(s) due to lack of willpower. Similar to the national findings, other top reasons cited for not changing include time or expense.

Detailed Survey Findings

Perceptions of Personal Stress

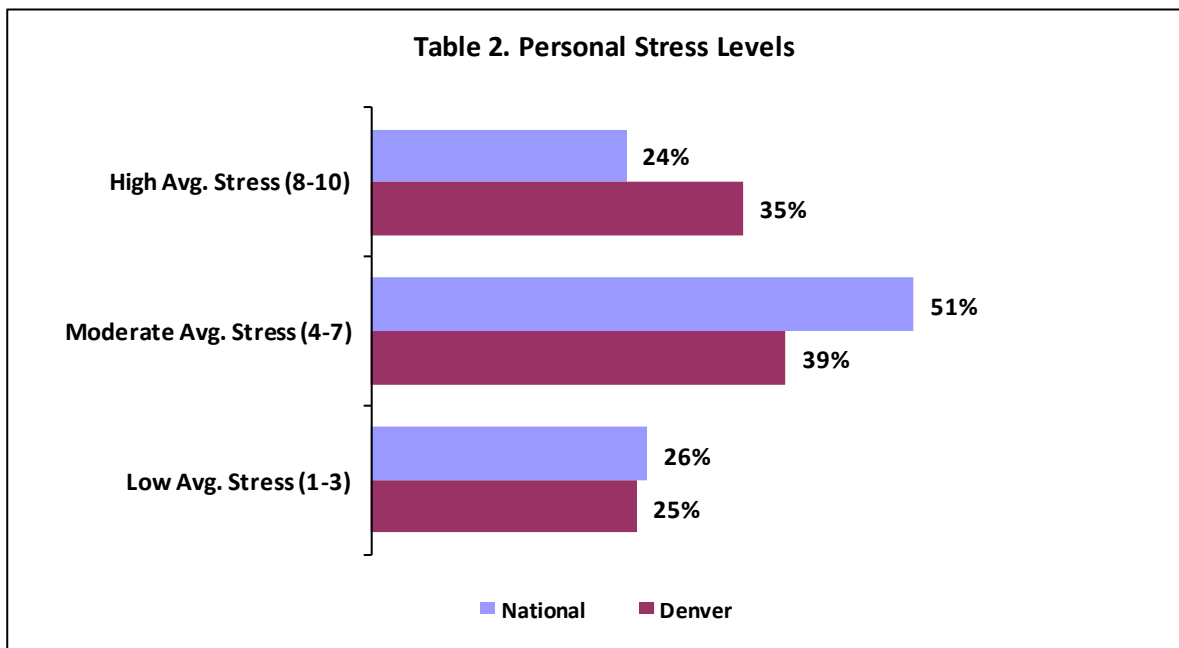
Denver residents are more likely to cite work and job stability as significant sources of stress than Americans overall.

- Money, work and the economy are the three most commonly cited causes of stress among Denver residents and Americans overall; however, work is much more likely to be seen as a significant source of stress for Denver residents compared to Americans overall (80 percent vs. 69 percent nationally). (See Table 1.)
 - The percentage of Denver residents indicating job stability as a significant source of stress is also higher than the national percentage (53 percent vs. 44 percent nationally).
- Compared to Americans overall, Denver residents are less likely to cite personal health concerns or health problems affecting their family as significant sources of stress. (See Table 1.)



Overall, Denver residents appear to be more stressed compared to Americans nationally, with more Denver residents rating their stress levels in an extreme range.

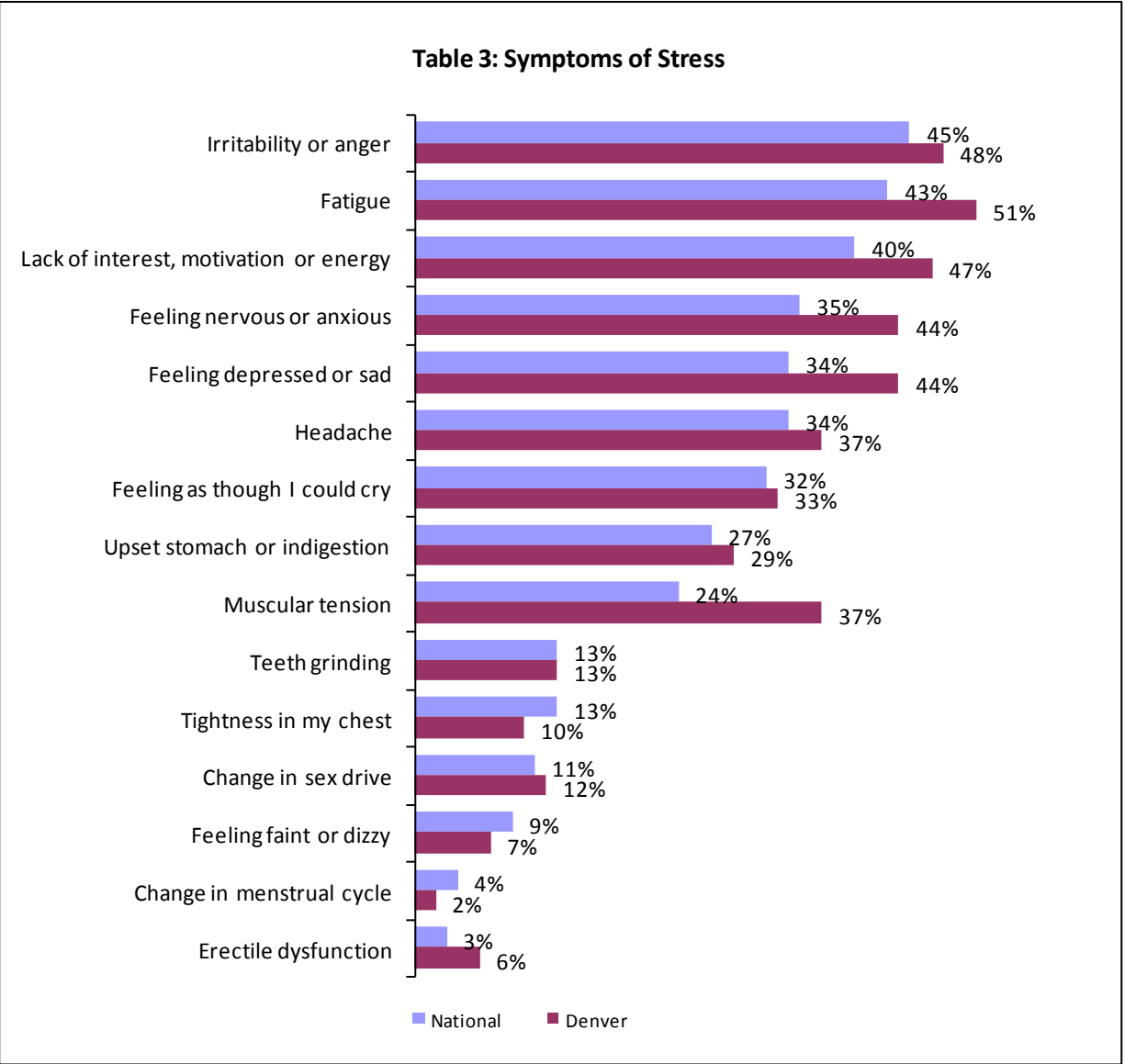
- More than one-third (35 percent) of Denver residents reported an average stress level in the extreme range (8, 9 or 10 on a 10-point scale) whereas only 24 percent of Americans overall rate their stress at this same level. (See Table 2.)
- Even though they report high stress, over half (52 percent) of Denver residents feel they are doing enough to manage their stress. Comparatively, 58 percent of Americans overall feel they are doing enough to manage their stress.
- Nearly half (48 percent) of adults in Denver say their stress has increased over the past year, compared to 42 percent of Americans overall who felt the same way.



Impact of Stress

Denver residents report experiencing more physical symptoms attributable to stress when compared to Americans overall.

- Well over half of Denver residents (57 percent) report they have lain awake at night because they were feeling stressed within the last month. Less than half of Americans overall (47 percent) report they have lost sleep due to stress within the last month.
- Less than half (48 percent) of Denver residents compared to 43 percent of Americans overall report they ate too much or ate unhealthy foods because they were feeling stressed within the last month.
- Nearly half (46 percent) of Denver residents this year report that they have skipped a meal due to stress, higher than the national average of 37 percent.
- The percentage of Denver residents experiencing other physical symptoms is higher than Americans overall for most symptoms examined in the survey. (See Table 3.)

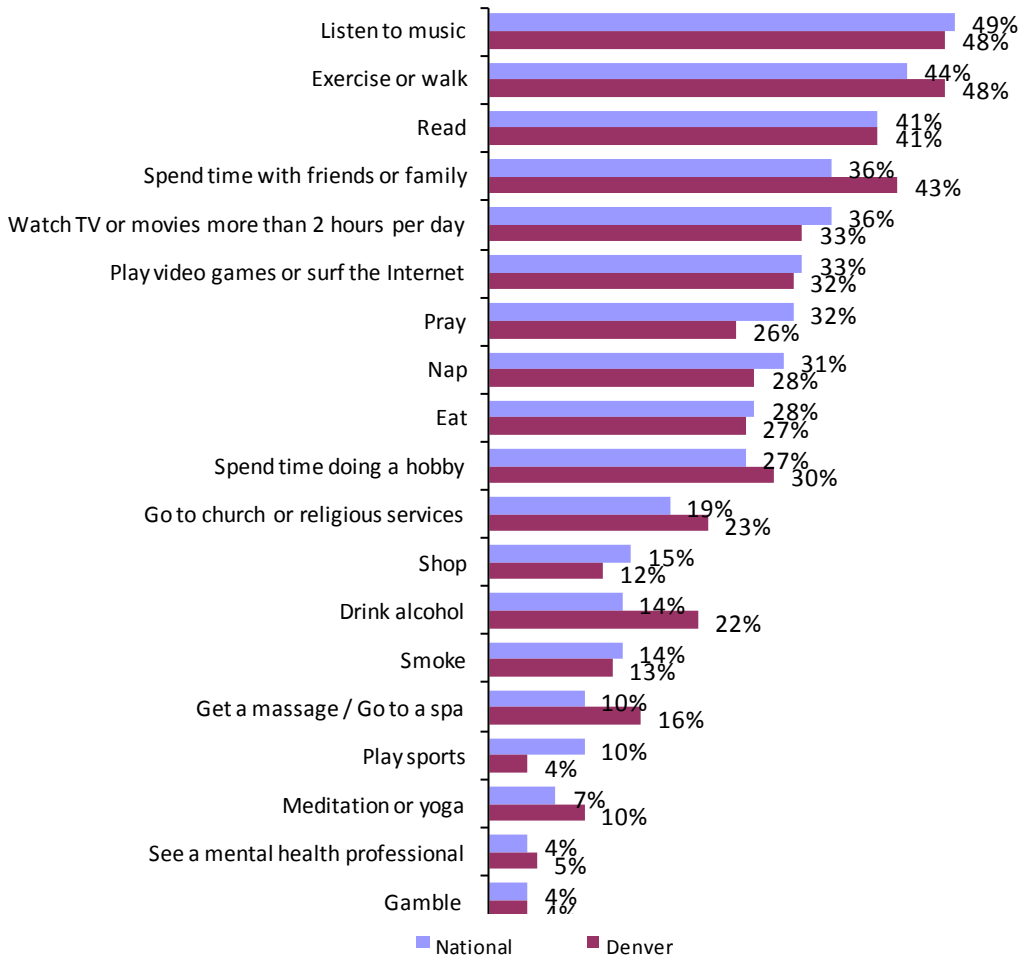


Managing Stress

Denver residents and Americans overall rely on similar forms of stress management but there are also some differences.

- Denver residents and Americans overall report managing stress similarly. Both groups rely on listening to music, exercising or walking and reading to manage their stress. (See Table 4.)
 - Denver residents, however, are somewhat more likely than Americans overall to manage stress by spending time with family, drinking alcohol, getting a massage/going to a spa or going to church or religious services.

Table 4: Stress Management

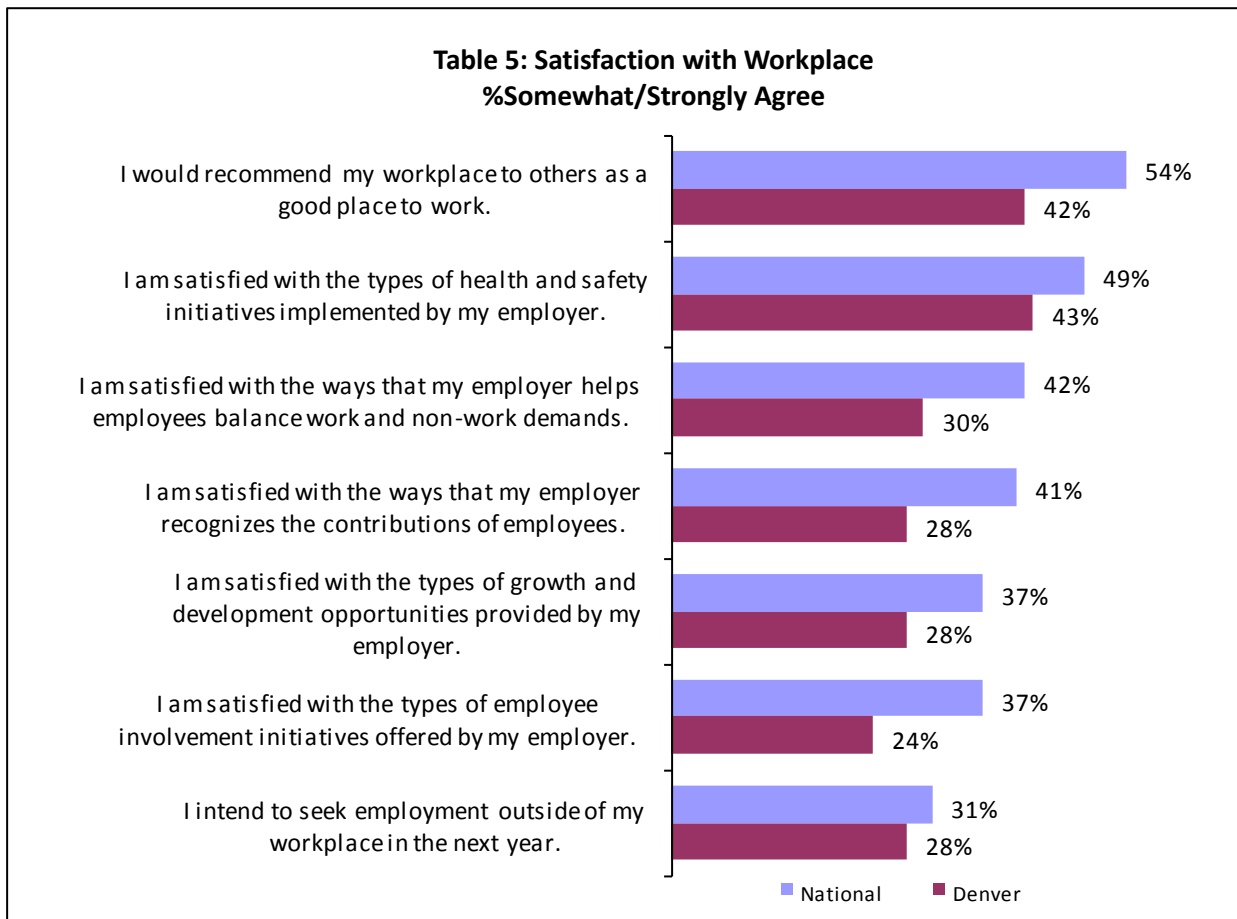


Stress in the Workplace

Workplace Environment

Employed Denver residents are less satisfied with their current employment than Americans overall.

- Fewer Denver employees report being satisfied with their jobs than workers overall (60 percent vs. 65 percent nationally).
- Denver residents are less likely than Americans overall to recommend their workplace to others as a good place to work (42 percent vs. 54 percent nationally).
 - Denver residents report less satisfaction with the ways their employer recognizes the contributions of employees, the type of employee involvement initiatives offered by their employer and how their employer helps them balance work and non-work demands. (See Table 5.)
- Slightly more Denver residents report they typically feel stressed during the work day compared to Americans overall (44 percent vs. 41 percent nationally).



Managing Workplace Stress

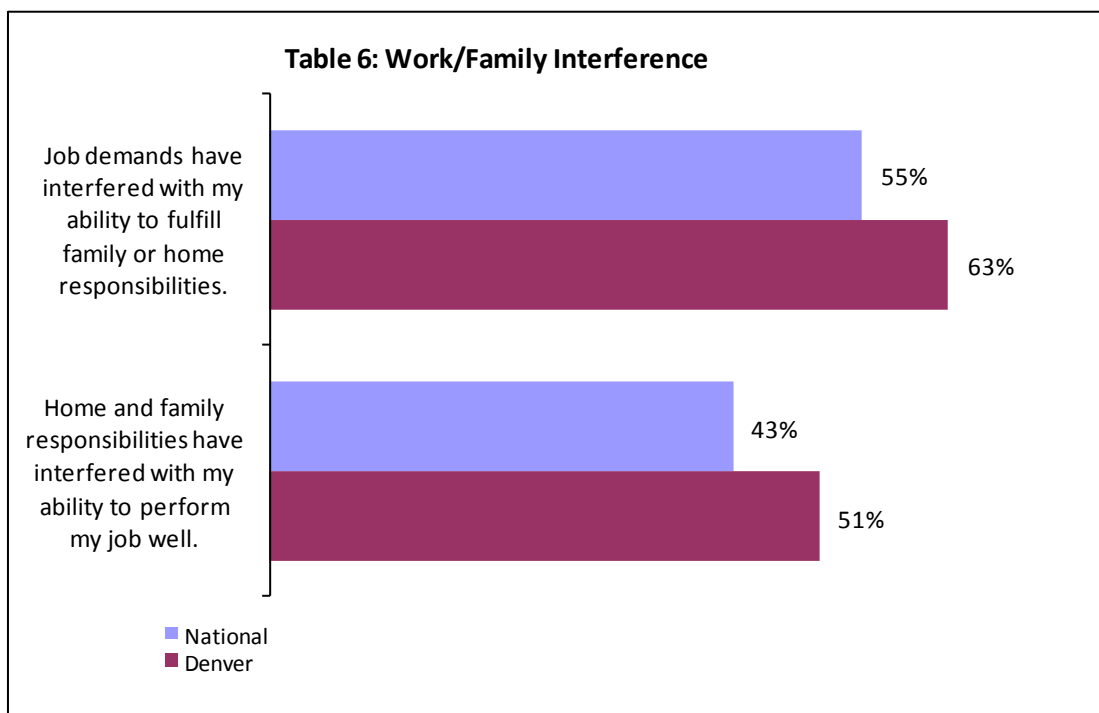
Denver residents and Americans overall miss work due to stress at similar rates, though slightly more Denver workers report losing productivity at work due to stress.

- Similar amounts of employed Denver residents and Americans overall report they missed at least one day of work due to stress in the past year (13 percent vs. 15 percent nationally).
- As it relates to lost productivity, more Denver workers report losing some degree of work productivity due to stress compared to Americans overall (59 percent vs. 51 percent nationally).

Balancing Work and Family

Denver workers are struggling to balance work and family life.

- Nearly two-thirds of Denver workers (63 percent) report that job demands have interfered with their ability to fulfill family or home responsibilities at least once over the past three months. Fewer Americans nationally reported this kind of interference (55 percent). (See Table 6.)
- Denver residents also view their home life as more disruptive of their performance at their job than Americans overall (51 percent vs. 43 percent nationally who reported interference at some point over the past three months).

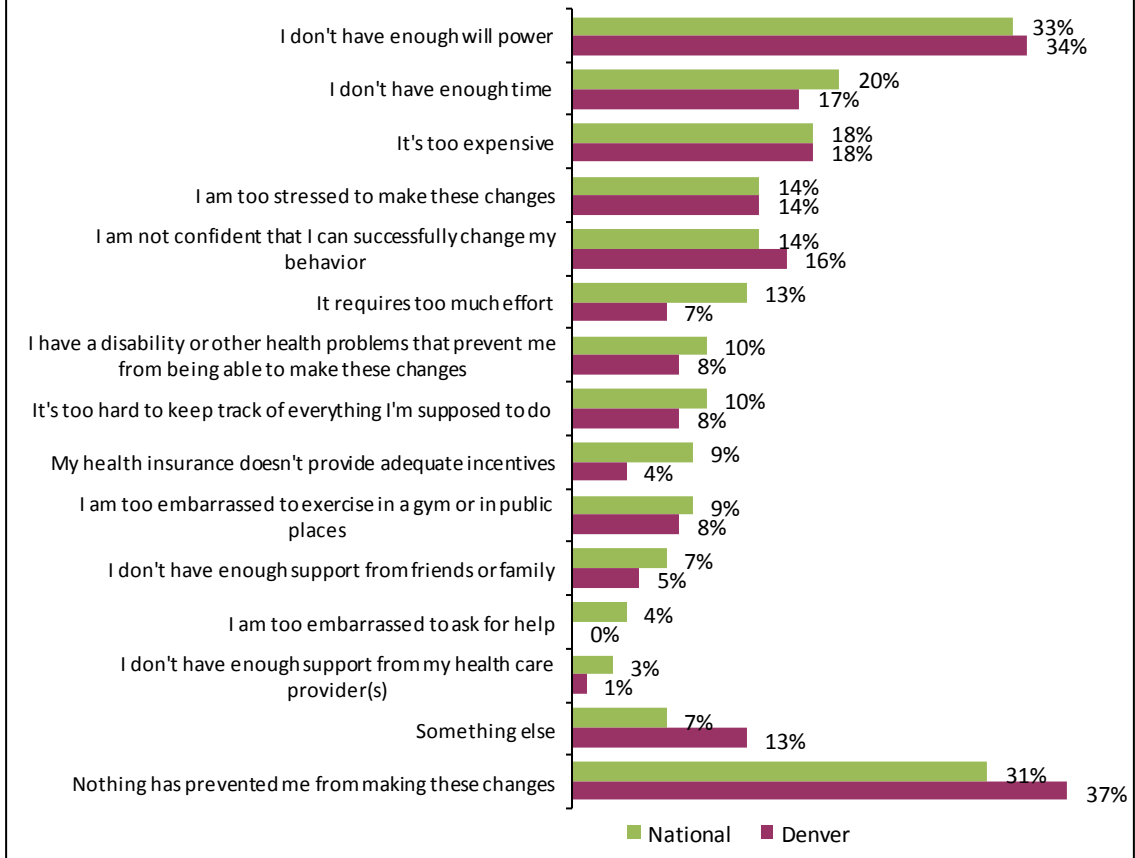


Health Behaviors and Provider Intervention

While Denver residents rate their health relatively high overall, they are more likely than Americans overall to have depression but are less likely to have high cholesterol or Type-2 Diabetes.

- Nearly half of Denver residents (49 percent) view their health as excellent or very good compared to 40 percent of Americans overall.
- Almost two-thirds (67 percent) of Denver residents report they have been told by a provider that they have a chronic condition. Though the same amount (66 percent) of Americans overall have been told they have a chronic condition, more Denver residents than Americans overall have depression (22 percent vs. 17 percent nationally) but fewer have high cholesterol (23 percent vs. 28 percent nationally) and Type-2 Diabetes (4 percent vs. 11 percent nationally).
 - Half of Denver residents (50 percent) who have been told they have a chronic condition have had a health care provider recommend both prescription medications and lifestyle changes.
- When it comes to lifestyle change recommendations from health providers, nearly two-thirds (64 percent) of Denver residents have been advised by a provider to make one or more lifestyle changes compared to 70 percent of Americans overall.
 - The two most common recommendations health care providers gave Denver residents were the same as what was recommended for Americans overall: exercise more (47 percent vs. 48 percent nationally) and lose weight (36 percent vs. 38 percent nationally).
 - Denver residents were less likely than Americans overall to be told that they need to eat a healthier diet (31 percent vs. 36 percent nationally).
- Fewer than half of Denver residents (44 percent) reported their health care provider explained the reason for the recommendation and one-third (33 percent) said they were offered advice or techniques to help make the changes.
 - Similar proportions of Americans nationally were given an explanation or were offered advice by their health care provider (46 percent and 35 percent, respectively).
 - Additionally, over half of Denver residents (59 percent) reported that after the recommendation was given, their health care provider followed up or checked in on their progress. This is a greater percentage than the national findings (48 percent).
- About two-thirds of Denver residents (68 percent) whose health care providers gave them advice on lifestyle changes found the recommendation somewhat or very helpful, fewer than the proportion of Americans overall who reported that the advice they received was helpful (76 percent).
- One-third of Denver residents (34 percent) say they were prevented from following through with lifestyle change recommendation(s) due to lack of willpower. Similar to the national findings, other top reasons cited for not changing include time or expense.
 - While Denver residents report similar barriers to adults nationally, they are less likely to report that making the changes required too much effort (7 percent vs. 13 percent nationally). (See Table 7.)

Table 7: Barriers to Lifestyle Changes, National vs. Denver



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