



AMERICAN PSYCHOLOGICAL ASSOCIATION

Stress in America

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

EMBARGOED FOR RELEASE
NOVEMBER 9, 2009, 9 A.M. EST

Stress in America Detroit Report

Prepared For:
The American Psychological Association

Prepared By:
Harris Interactive Inc.
Public Affairs and Policy

October 27, 2009

Table of Contents

| | |
|--|----|
| <input checked="" type="checkbox"/> Background and Objectives | 3 |
| <input checked="" type="checkbox"/> Methodology and Sample | 3 |
| <input checked="" type="checkbox"/> Notes on Reading This Report | 4 |
| <input checked="" type="checkbox"/> Key Survey Findings | 5 |
| <input checked="" type="checkbox"/> Detailed Survey Findings | 6 |
| ○ Perceptions of Personal Stress | 6 |
| ○ Impact of Stress | 7 |
| ○ Managing Stress | 8 |
| ○ Stress in the Workplace | 10 |
| ▪ Workplace Environment | 10 |
| ▪ Managing Workplace Stress | 11 |
| ▪ Balancing Work and Family | 11 |
| ○ Health Behaviors and Provider Intervention | 12 |
| <input checked="" type="checkbox"/> APA Contact Information | 14 |

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 207 adults aged 18 and older who reside in Detroit. In the 2008 research, 235 Detroit residents were included in the oversample.

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 US 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 Detroit 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

While the proportion of Detroit residents who consider a variety of common stressors significant sources of stress declined since 2008, a greater percentage report that their stress has increased over the past year.

- The percentage of Detroit residents rating common stressors as a significant source of stress decreased for all responses listed, except work, which increased from 70 percent in 2008 to 77 percent in 2009.
- The percentage of respondents who say their stress has increased since last year has increased from 51 percent in 2008 to 61 percent in 2009.
- The percentage of Detroit residents reporting stress levels in the extreme range has remained about the same as last year (33 percent vs. 35 percent in 2008).

Several measures suggest that Detroit workers are more satisfied with their workplace environment than they were in 2008. However, in addition to reporting more missed workdays than last year, a greater proportion feels tense or stressed out at work compared to last year.

- The percentage of Detroit workers who are satisfied with the ways that their employer helps them balance work and non-work has increased from 30 percent to 40 percent in 2009.
- Compared to last year, a greater proportion of employed Detroit residents said they missed at least one day of work due to stress (25 percent vs. 14 percent in 2008).
- Slightly more than half of Detroit workers (53 percent) agree they typically feel tense or stressed out during their workday. This is an increase from the 39 percent of Detroit residents that reported feeling tense or stressed during the workday last year.

While about one-third of Detroit residents rate their health relatively high overall, two-thirds have been told by a provider that they have a chronic condition. Among those with a chronic condition, nearly three quarters have received lifestyle recommendations or are taking prescription medication. About half of Detroit residents are not heeding advice to make lifestyle changes due to lack of willpower.

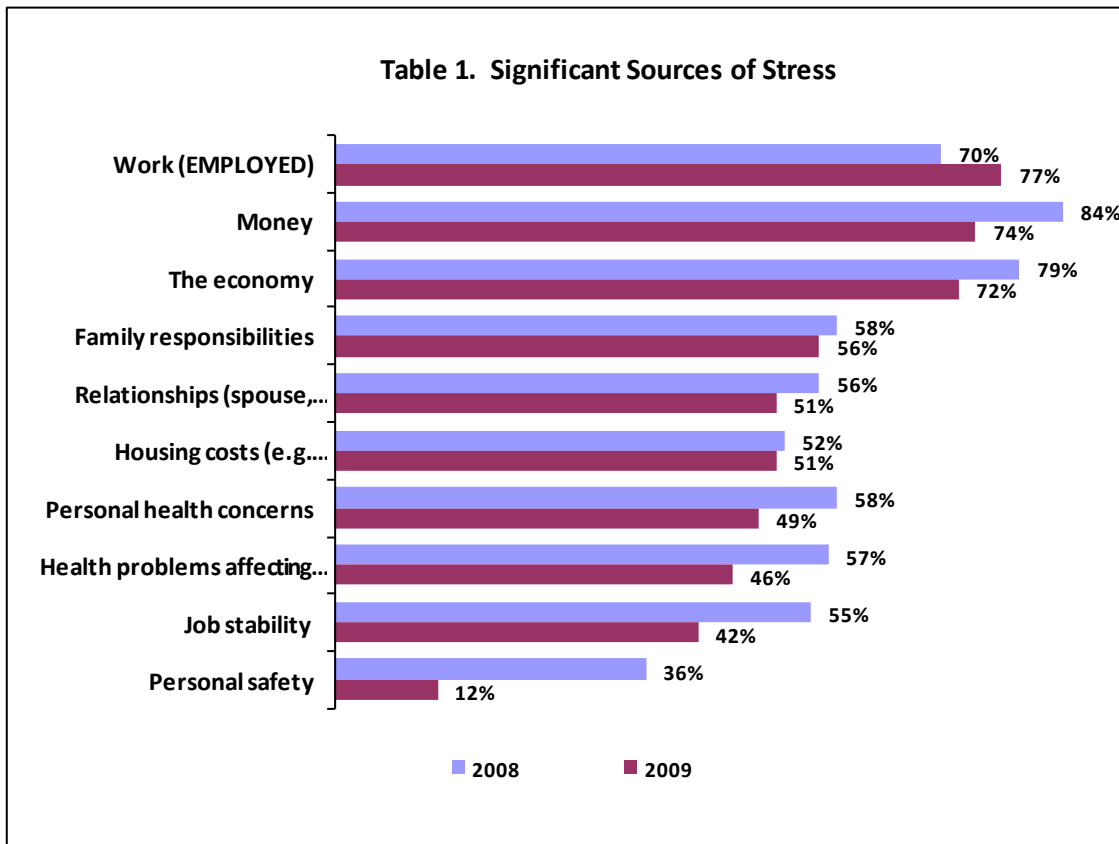
- Slightly more than one-third of Detroit residents (38 percent) view their health as excellent or very good, similar to 40 percent of Americans overall. However, two-thirds (68 percent) have been told they have a chronic condition, similar to the proportion nationally (62 percent).
- Most Detroit residents have been advised by a provider to make one or more lifestyle changes (71 percent, similar to the national percentage).
- For Detroit residents, the greatest barrier to making lifestyle changes is lack of willpower. Half of Detroit residents say they lack willpower compared to one-third nationally (52 percent vs. 33 percent, respectively).

Detailed Survey Findings

Perceptions of Personal Stress

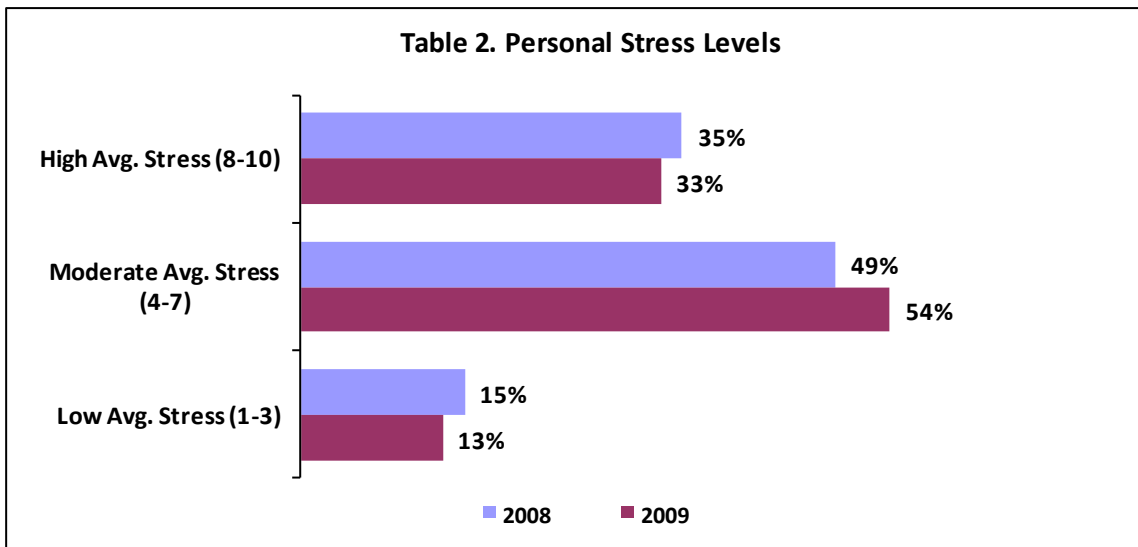
The percentage of Detroit residents rating common stressors as significant sources of stress decreased for nearly every item examined in the survey, except one: work. Among things that cause stress in their lives, the biggest decreases were seen regarding personal safety, job stability and health concerns.

- Work, money and the economy continue to be the most commonly cited causes of stress among Detroit residents; however, money is less likely to be seen as a significant source of stress than it was last year. (See Table 1.)
 - More Detroit residents cited work as a source of stress than in 2008 (77 percent vs. 70 percent).
 - The percentage of respondents indicating money as a significant source of stress decreased from 84 percent in 2008 to 74 percent in 2009.
- The percentage of Detroit residents citing personal safety as a significant source of stress also saw a decline from 36 percent in 2008 to 12 percent in 2009.
- Fewer Detroit residents mentioned job stability as a significant source of stress when compared to last year (42 percent vs. 55 percent in 2008).
- Compared with last year, fewer Detroit residents mentioned health concerns as a significant source of stress.
 - Fewer Detroit residents mentioned personal health concerns as a significant source of stress when compared to last year (49 percent vs. 58 percent in 2008).
 - Fewer Detroit residents mentioned health problems affecting their families as a significant source of stress when compared to last year (46 percent vs. 57 percent in 2008).



Detroit residents report similar stress levels to those reported in 2008, but a greater percentage report their stress has increased over the past year.

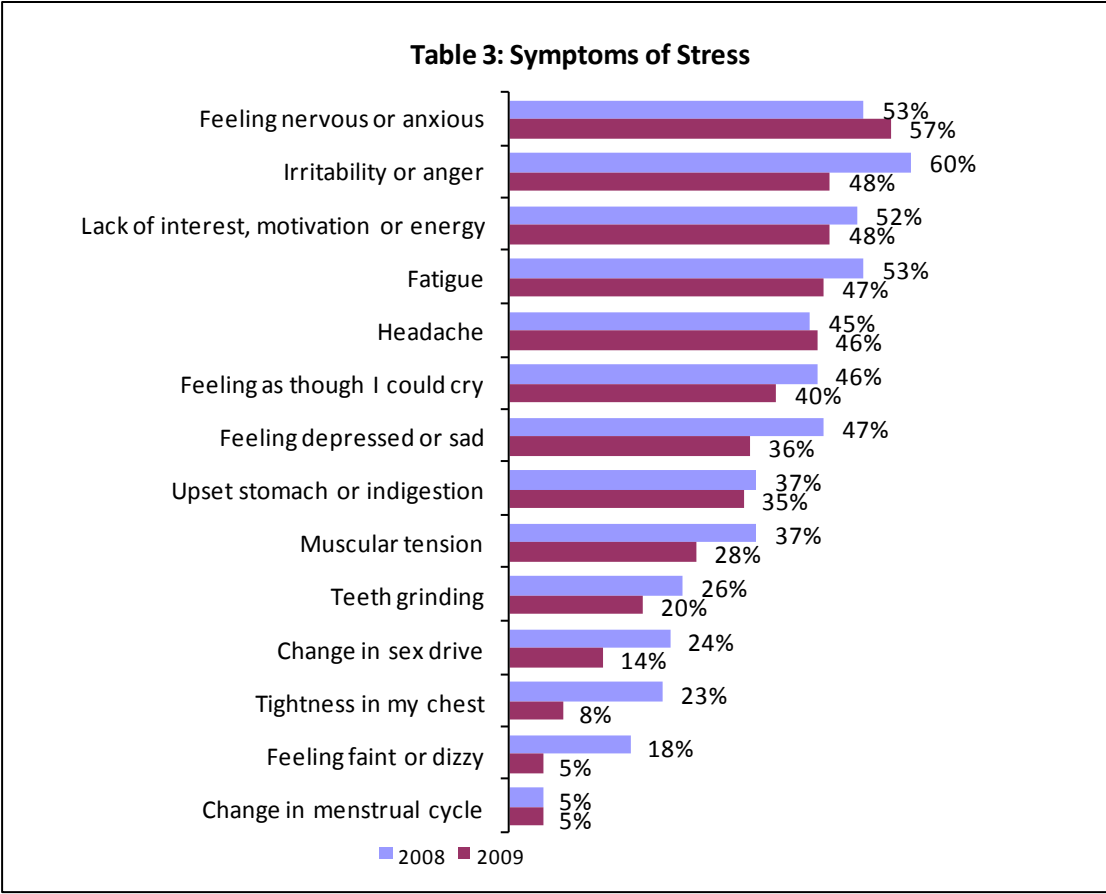
- The percentage of Detroit residents reporting their stress level in the extreme range (8, 9 or 10 on a 10-point scale) as well as in the low range (1, 2 or 3 on a 10-point scale) is similar to last year. (See Table 2.)
- However, in comparison to 2008, about six in 10 Detroit residents (61 percent) say their stress has increased over the past year, a 10 percentage-point increase from the proportion who felt this way in 2008 (51 percent).
- About the same percentage of Detroit residents feel they are doing enough to manage their stress compared to last year’s findings (45 percent vs. 47 percent in 2008).



Impact of Stress

Overall, fewer Detroit residents reported physical symptoms attributable to stress in 2009 than they did last year.

- Similar percentages of Detroit residents report having lain awake at night in the past month (62 percent in 2008 and 2009), having eaten too much or eaten unhealthy foods (48 percent vs. 52 percent in 2008) and having skipped a meal (44 percent in both years) due to stress in 2009, compared to last year.
- Compared with last year, fewer reported feeling faint or dizzy (18 percent vs. 5 percent in 2009), having chest tightness (23 percent vs. 8 percent in 2009) and feeling irritable or angry (60 percent vs. 48 percent in 2009).
- There was a slight increase in the percentage of Detroit residents reporting feeling nervous or anxious because they were feeling stressed (53 percent in 2008 to 57 percent in 2009).
- The percentage of those experiencing other symptoms is detailed in Table 3.

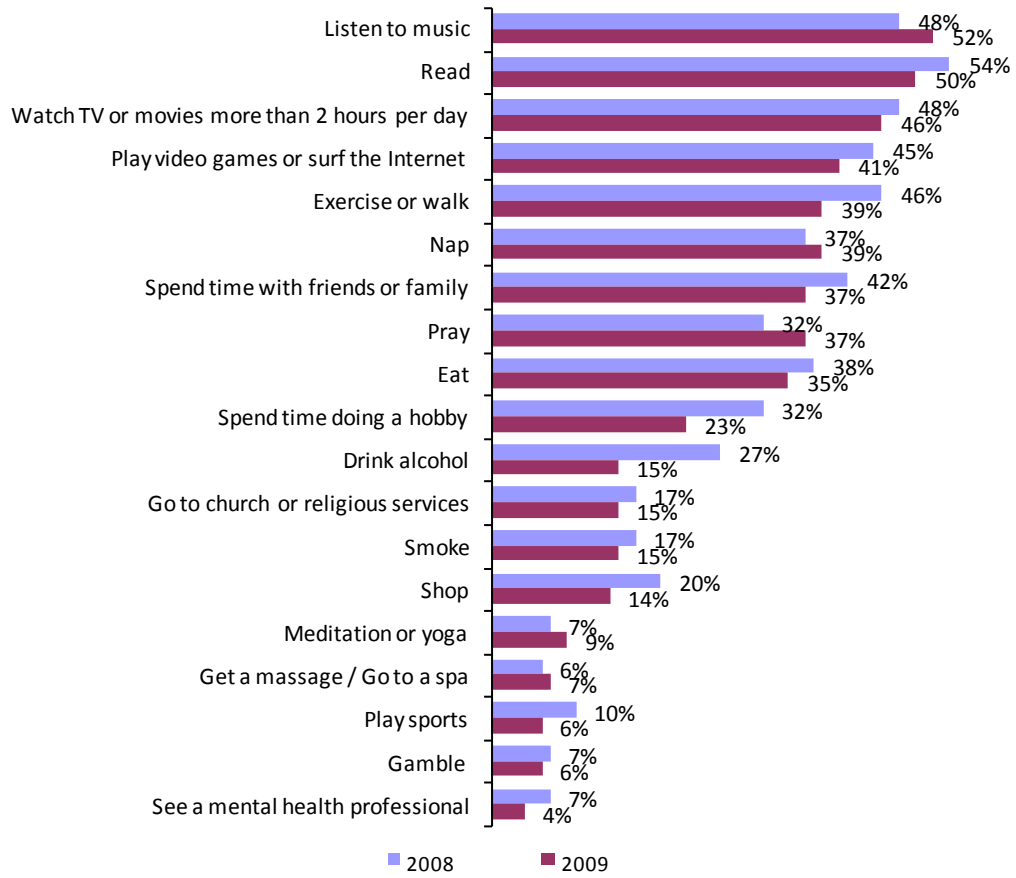


Managing Stress

When it comes to managing their stress, Detroit residents prefer sedentary activities. The top three activities are listening to music, reading or watching television or movies.

- Similar to last year, Detroit residents are likely to rely on methods of stress management such as listening to music (52 percent vs. 48 percent in 2008), reading (50 percent vs. 54 percent in 2008) or watching television or movies (46 percent vs. 48 percent in 2008). (See Table 4.)
- Fewer Detroit residents are relying on alcohol this year than last (15 percent vs. 27 percent in 2008) to relieve stress.

Table 4: Stress Management

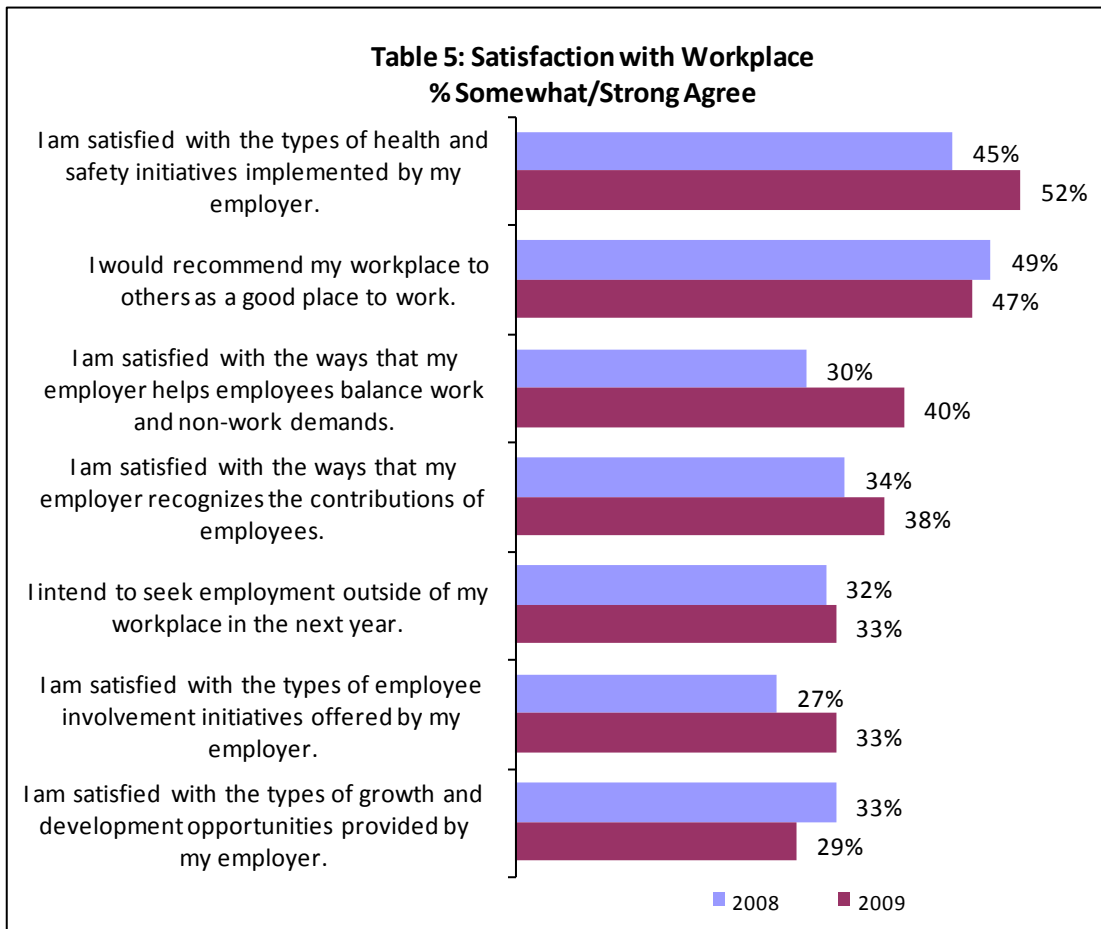


Stress in the Workplace

Workplace Environment

Although measures of workplace satisfaction have increased since last year for Detroit workers, a greater proportion of workers say they typically feel tense or stressed out during their workday.

- The majority of Detroit workers are satisfied with their jobs overall (57 percent). This is similar to last year, when 56 percent reported overall job satisfaction.
- Approximately half of Detroit residents are satisfied with the types of health and safety initiatives implemented by their employer (52 percent) and would recommend their workplace to others as a good place to work (47 percent).
- For Detroit residents, the greatest increase in workplace satisfaction since last year is the proportion of workers who are satisfied with the ways their employer helps employees balance work and non-work demands (40 percent vs. 30 percent in 2008). (See Table 5.)
- Slightly more than half of Detroit workers (53 percent) agree they typically feel tense or stressed out during their workday. This is an increase from the 39 percent of Detroit residents that reported this last year.



Managing Workplace Stress

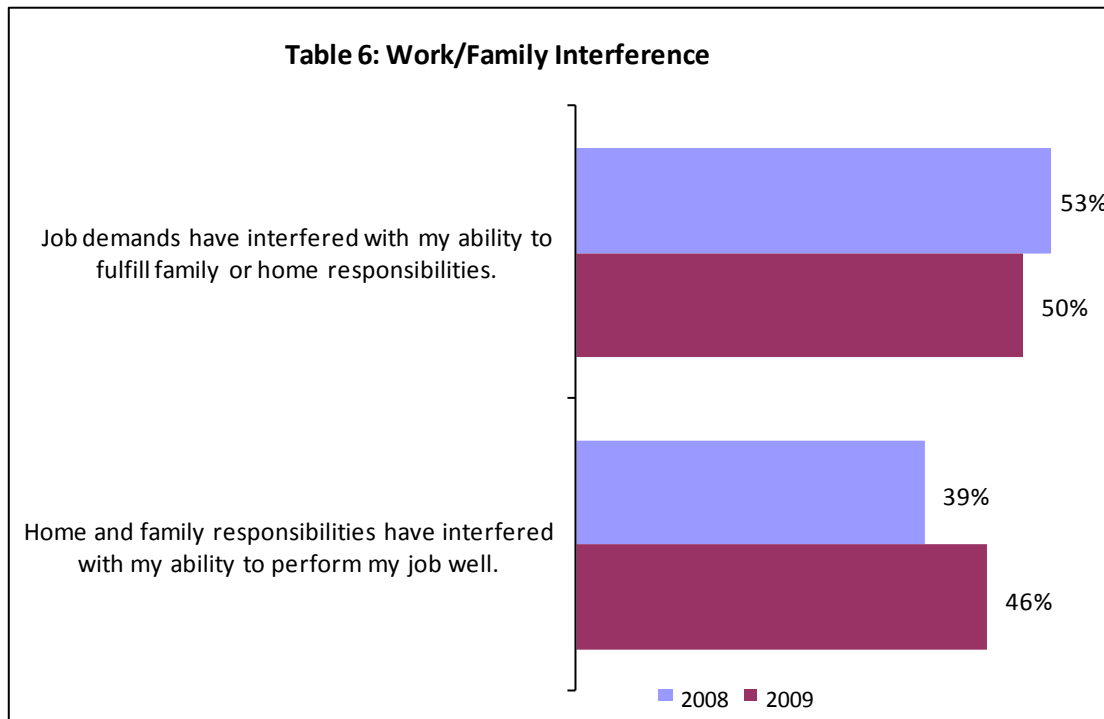
Compared to 2008, more Detroit workers report missing days of work and productivity while at work due to stress.

- The percentage of employed Detroit residents reporting they missed at least one day of work due to stress in the past year increased since last year's survey (25 percent vs. 14 percent in 2008).
- More employees say they have lost productivity at work due to stress in 2009 (58 percent vs. 50 percent in 2008).

Balancing Work and Family

Some Detroit workers continue to struggle with balancing work and family life.

- Similar to last year, about half of Detroit workers (50 percent) agree that job demands have interfered with their ability to fulfill family or home responsibilities in the last three months.
- The proportion of Detroit residents who agree that home and family life have interfered with their ability to perform their job well in the past three months has increased since last year (46 percent vs. 39 percent in 2008).

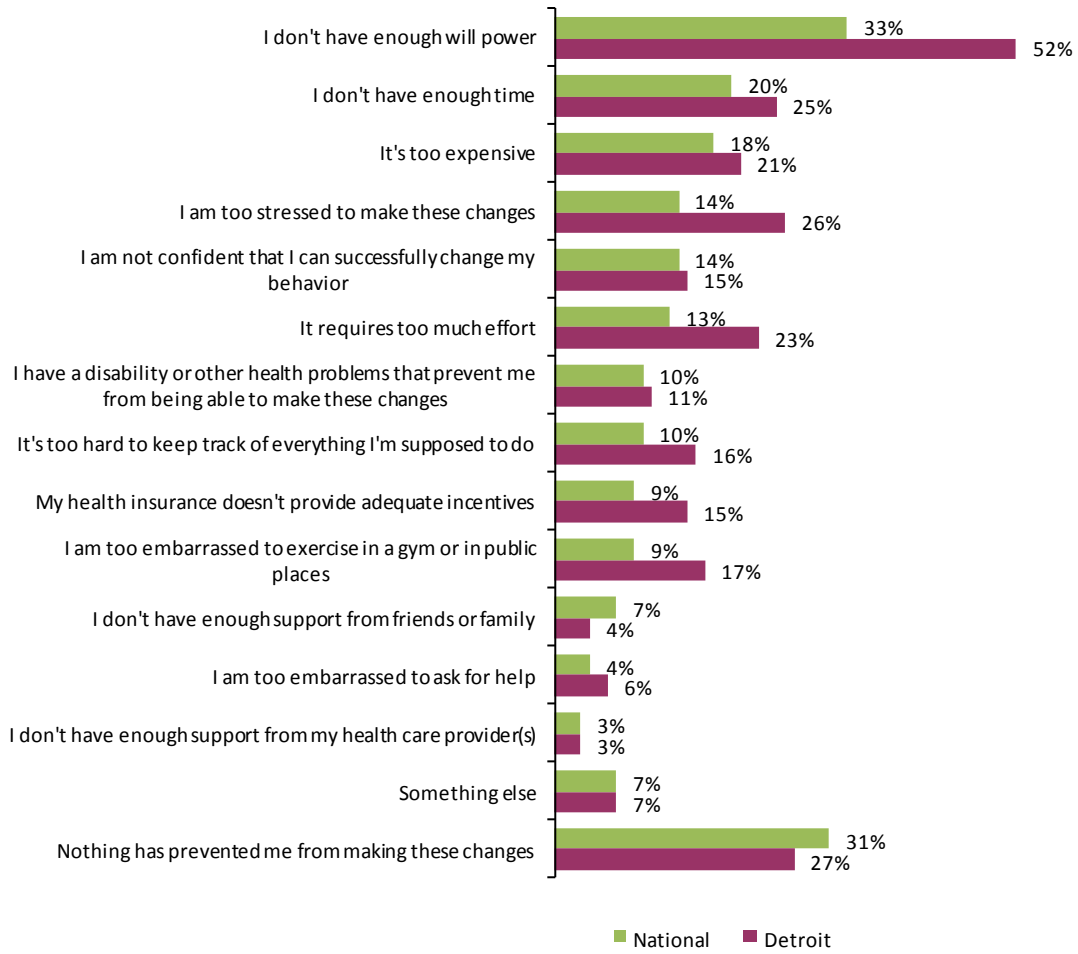


Health Behaviors and Provider Intervention

Detroit residents are no different than Americans overall in how they rate their health. Similar to adults nationally, about the same percentage has been told by a provider that they have a chronic condition and have received lifestyle recommendations. However, Detroit residents report they have more difficulty than adults nationally following through with lifestyle change recommendations due to lack of willpower or because they are too stressed to make the change.

- Similar to Americans overall, about two out of five Detroit residents (40 percent vs. 38 percent, respectively) view their health as excellent or very good.
- Detroit residents are as likely as adults nationally to report that they have been told by a provider that they have a chronic condition (68 percent vs. 66 percent nationally).
- Compared with national figures, Detroit residents report similar percentages for high blood pressure (30 percent) and high cholesterol (28 percent). However, Detroit residents are more likely to report that they are overweight or obese (31 percent vs. 25 percent nationally) or have arthritis (29 percent vs. 18 percent nationally).
 - Nearly two-thirds of Detroit residents (62 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, most Detroit residents have been advised by a provider to make one or more lifestyle changes (71 percent, similar to the national percentage).
 - More Detroit residents say that over the past five years they have been told to lose weight when compared to Americans nationally (46 percent vs. 38 percent nationally).
- Nearly half of Detroit residents (47 percent) reported that they were offered advice or techniques to help make the changes and 43 percent said that their health care provider explained the reason for the recommendation.
 - Fewer Americans overall (35 percent) were offered advice by their health care provider while a similar percentage was given an explanation (46 percent).
 - Additionally, half of Detroit residents (49 percent) reported that after the recommendation was given, their health care provider followed up or checked in on their progress. This is consistent with the findings of Americans nationally.
- Two-thirds of Detroit residents (68 percent) whose health care providers gave them advice on lifestyle changes found the recommendation somewhat or very helpful.
- Half of Detroit residents (52 percent) versus one-third (33 percent) nationally say they were prevented from following through with lifestyle change recommendation(s) due to lack of willpower. In addition, one-quarter of Detroit residents (26 percent) versus 14 percent nationally say they were prevented from following through with lifestyle change recommendation(s) because they are too stressed to make the change. (See Table 7.)

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



American Psychological Association Contact Information

Luana Bossolo
Tel: 202 336 5899
E-mail: lbossolo@apa.org

Angel Brownawell
Tel: 202 336 5955
E-mail: abrownawell@apa.org