



AMERICAN PSYCHOLOGICAL ASSOCIATION

Stress in America

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

Stress in America 2009

Table of Contents

Introduction	Page 2
Methodology	Page 2
Key Findings	Page 3
<i>Stress in the Family</i>	<i>Page 3</i>
<i>Perceptions of Stress</i>	<i>Page 7</i>
<i>The Role of Lifestyle and Behavior in Promoting Good Health</i>	<i>Page 9</i>
Snapshots of Stress in America	Page 10
<i>Parenting and Stress</i>	<i>Page 10</i>
<i>Gender and Stress</i>	<i>Page 11</i>
<i>Generations and Stress</i>	<i>Page 13</i>
<i>Stress by Region</i>	<i>Page 14</i>
<i>Stress in the Workplace</i>	<i>Page 16</i>
<i>Ethnicity and Stress</i>	<i>Page 17</i>

Introduction

About the Stress in America Survey

In July 2009, the American Psychological Association (APA) commissioned its annual nationwide survey to examine the state of stress across the country and understand its impact. The survey included specific questions for people living with chronic health conditions to help establish not only a better understanding of patients' experiences but also the ways lifestyle and behavior factor into disease prevention and management. In addition, an omnibus survey was conducted among youth ages 8 – 17 to learn more about how stress affects tweens and teens.

Overall, the Stress in America survey measured attitudes and perceptions of stress among the general public, identifying leading sources of stress, common behaviors used to manage stress and the impact of stress on our lives. The results of the survey draw attention to the serious physical and emotional implications of stress and the inextricable link between the mind and body.

The survey explored:

- perceptions of respondents' personal levels of stress;
- circumstances, situations and life events that cause stress;
- perceptions of how well people manage stress;
- the impact of stress on families;
- activities, resources and behaviors people use to deal with stress; and
- the role of lifestyle and behavior in managing chronic illness.

Methodology

The Stress in America survey was conducted online within the United States by Harris Interactive on behalf of APA between July 21 and August 4, 2009, among 1,568 adults aged 18 and older who reside in the U.S., including:

- 729 men and 839 women.
- 1,020 adults who identified as having one or more chronic conditions including high blood pressure, high cholesterol, overweight or obese, arthritis, depression, asthma or other respiratory disease, type 2 diabetes, chronic pain, an anxiety disorder, heart disease or heart attack, cancer, stroke, type 1 (juvenile) diabetes and 512 adults who do not have a chronic condition.
- 504 Millennials (18 – 30-year-olds), 369 Gen Xers (31 – 44-year-olds), 464 Boomers (45 – 63-year-olds), and 231 Matures (64 years and older).
- 235 adults who are parents of children aged 8 – 17.
- 984 people who are employed and 584 people who are not employed.¹ Among those who are not employed, 192 adults are looking for work. Overall, 256 adults are retired and 163 are stay-at-home spouses or partners ("homemakers").
- 820 White, non-Hispanic adults; 333 Black, non-Hispanic adults; and 311 Hispanic adults.
- 362 adults who reside in the East, 516 in the South, 340 in the Midwest and 349 in the West. Respondents were also analyzed by the kind of area they lived in and include 545 adults who live in an urban or city area, 620 who live in a suburban area near a city and 403 who live in a small town or rural area.

¹ By definition, anyone who indicated that they are employed full-time, part-time or are self-employed are included in the "employed" category, while everyone who did not indicate that they were employed are included in the "not employed" or "not working" category.

This report also includes the results of a YouthQuery survey conducted between August 19 and 27, 2009, among 1,206 young people aged 8 – 17 years old. Results were weighted as needed for age, sex, race/ethnicity, education, region and household income. Propensity score weighting was also used to adjust for respondents' propensity to be online.

All sample surveys, 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 non-response, 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 surveys 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.

Key Findings

Stress in the Family

As families across America navigate particularly challenging economic times, findings from the 2009 Stress in America survey suggest that stress and worry² are having more of an impact on young people than parents believe. Parents and young people differ on several key measures related to how much stress or worry young people experience, what is causing the stress or worry and how their level of stress or worry has changed over the last year. For example, fewer parents than children believe that children's stress has increased in the past year, there is a disconnect between what parents believe causes stress in children and what children consider worrisome, and parents appear to be unaware of the degree to which children report physical symptoms like headaches and difficulties sleeping that are often associated with stress. This possible disconnect within the family could have long-term implications for young people, many of whom don't appear to be getting the support they need to identify and understand stress or to learn healthy strategies for managing stress.

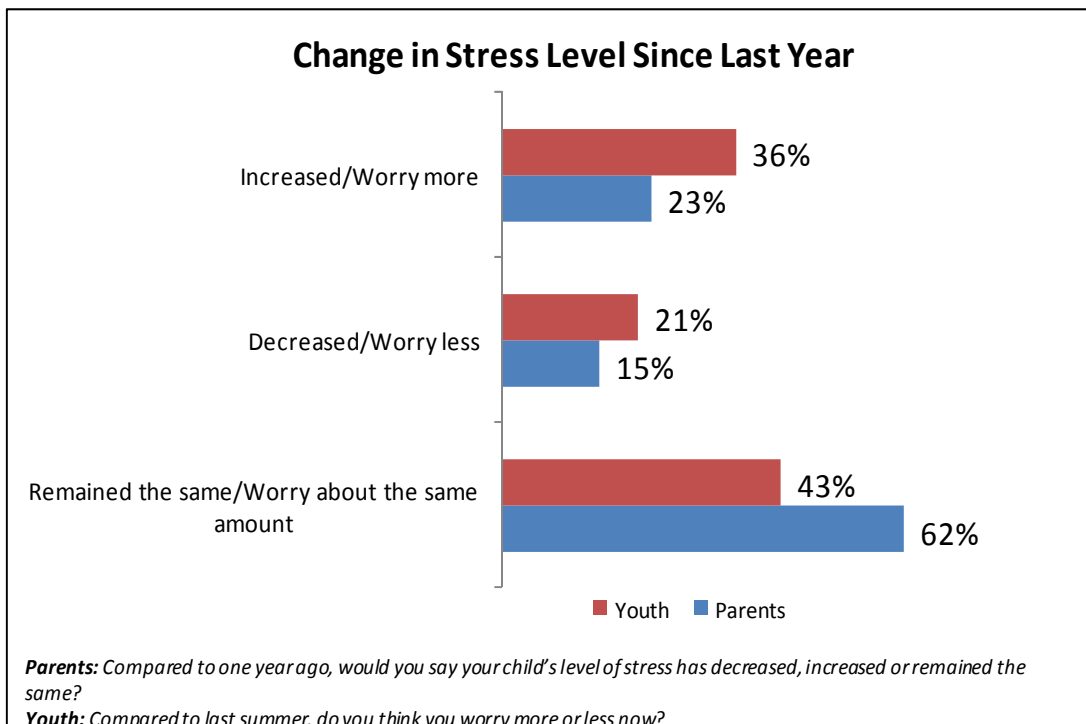
Nearly a quarter of Americans reported experiencing high stress levels in the past month (8, 9 or 10 on a 10-point scale), yet, many parents seem unaware of the impact that their stress has on their children. Nearly two-thirds (63 percent) of parents reported that their stress levels have a slight or no impact on their child's stress levels, which is concerning when considering the number of young people who view their parents as their primary teachers as it relates to learning about healthy habits. Nearly 80 percent of young people say they learn about healthy living from their parents or guardians, suggesting that parents are important role models for children. Yet parents are not modeling healthy behavior when it comes to stress management. Half of parents (50 percent) say their stress has increased in the past year, but less than half of moms (45 percent) and just over half of dads (56 percent) say they're doing enough to manage their stress. And while three-quarters of young people say they're comfortable talking to their parents or guardians about the things they worry about, responses to the youth omnibus indicate that stress may be a real problem for many young people and they may not be getting the family support needed to manage that stress.

Overall, parents' responses to survey questions about the causes and impacts of stress and worry on their children are out of sync with feedback received by youth.

- Nearly half (45 percent) of teens ages 13-17 said that they worried more this year, but only 28 percent of parents think their teen's stress increased, and while a quarter (26 percent) of tweens ages 8-12 said they worried more this year, only 17 percent of parents believed their tween's stress had increased. (Q220, Q710)
- Only 2-5 percent of parents rate their child's stress as extreme (an 8, 9 or 10 on a 10-point scale) when 14 percent of tweens (ages 8-12) and 28 percent of teens (ages 13-17) say they worry a lot or a great deal. (Q2208, Q705)
- Children were nearly two times more likely to say they worried about their family's financial difficulties than their parents perceived (30 percent of youth say they worried about their family having enough money when only 18 percent of parents reported that this was a source of stress for their child). (Q2215, Q715)
- Parents were much more likely than kids to say that children's relationships with their parents or siblings were top sources of stress or worry (16 percent vs. 8 percent for parents, 17 percent vs. 8 percent for siblings). (Q2215, Q715)
- Children were more likely to report that they worry about things related to school than parents perceived. Forty-four percent of all children ages 8 – 17 reported that doing well in school was a source of worry compared to only 34 percent of parents reporting this as a source of stress for their child. Over a quarter (29 percent) of children ages 13 – 17 reported that they worry about getting into a good college and deciding what to do after high school, when only 5 percent of parents of 13 – 17-year-olds agreed that this was a source of stress for their child.

² Parents were asked to respond to questions about their children's stress throughout the survey; however, youth ages 8 to 17 who responded to the YouthQuery survey were asked about how much they worry, rather than stress, to ensure that youth were able to properly understand and interpret questions.

- While 13 percent of parents believe that children experience headaches, 36 percent of children reported headaches in the past month. (Q2218, Q730)
- Children are three times more likely to report having experienced difficulty sleeping in the past month than parents were to report this symptom on behalf of their children (45 percent of children compared with 13 percent of parents). (Q2218, Q730)
- Children (34 percent) were four times more likely to report having eaten too much or too little in the past month than parents were to report these behaviors in their children (8 percent). (Q2218, Q730)



SOURCES OF STRESS BY AGE	Parents			Youth		
	Total	8-12	13-17	Total	8-12	13-17
n	235	101	134	1206	536	670
Managing school pressures/ responsibilities/ homework/ grades/ Doing well in school	34%	31%	36%	44%	44%	43%
Relationships with siblings/ Getting along with my brother(s) or sister(s)	17%	17%	16%	8%	14%	2%
Relationships with peers/ Getting along with my friends	20%	20%	20%	16%	22%	11%
Relationships with parent(s)/ Getting along with my parent(s)/guardian	16%	21%	13%	8%	9%	8%
Your family's financial difficulties/ My family having enough money	18%	20%	17%	30%	28%	31%
His/her physical appearance/weight/ The way I look/my weight	17%	17%	17%	22%	17%	26%
Your relationship with your spouse/partner/ My parent(s)/guardian or other family members arguing or fighting more	12%	16%	9%	10%	14%	7%
Pressure managing extracurricular commitments (e.g. sports, hobbies) / Managing activities such as sports, music, clubs, etc.	12%	12%	12%	10%	7%	12%
Peer pressure to engage in risky behaviors (e.g., smoking, drinking, drugs, sex, etc.)/ Pressure from friends who want me to try smoking, drinking, drugs, sex, etc. ³	6%	1%	10%	2%	-	3%
Getting into a good college/determining future/ Getting into a good college/Deciding what to do after high school	3%	1%	5%	17%	5%	29%
Non-financial pressures on family members (e.g., health, job frustrations, getting along with extended family, etc.)	3%	3%	4%	NA	NA	NA
Getting along with my boyfriend or girlfriend	NA	NA	NA	3%	1%	4%
My parent(s)/guardian losing their jobs	NA	NA	NA	6%	7%	6%
Other	8%	10%	6%	10%	12%	8%

³ Asked of all parents and youth aged 13 -17.

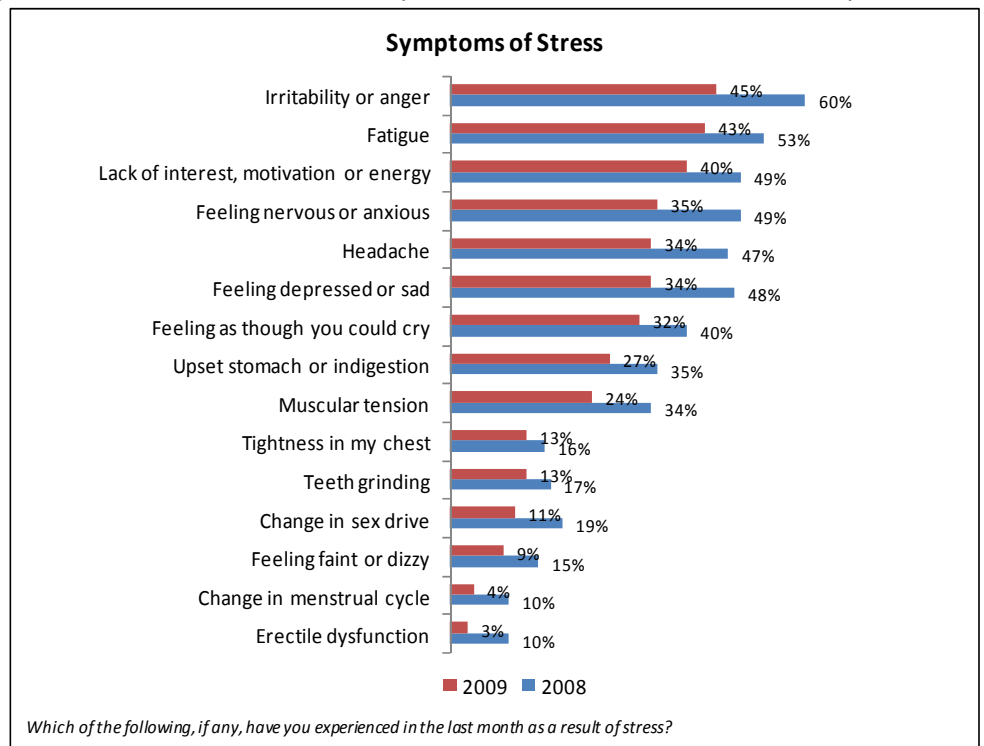
Perceptions of Stress

The perceived impact of stress appears to have peaked in the last year, which started out with daily stories about layoffs, home foreclosures and the continued effects of last year's financial meltdown. Despite the bad news that surrounds them, fewer Americans report that their stress is on the rise — in 2009, 42 percent reported their stress has increased over the past year compared to 47 percent in 2008. Regardless, nearly half (42 percent) of Americans are still reporting that their stress has increased. For the quarter of people who report they are experiencing high levels of stress (24 percent of adults reported stress levels of 8, 9 or 10 on a 10-point scale, where 1 means you have little or no stress and 10 means you have a great deal of stress), this could be a precursor to serious health consequences related to chronic stress.

While some report they do exercise or walk to manage their stress (44 percent), findings from the Stress in America survey show that many Americans are turning to less desirable strategies to manage their stress. Many people rely on sedentary activities to manage their stress (49 percent listen to music, 41 percent read, 36 percent watch television or movies, 33 percent play video games and 32 percent nap to manage stress). Forty-three percent say they eat too much or eat unhealthy foods because of stress. And, many Americans are feeling the physical effects of stress — nearly half of all adults report that they lay awake at night because of stress (47 percent).

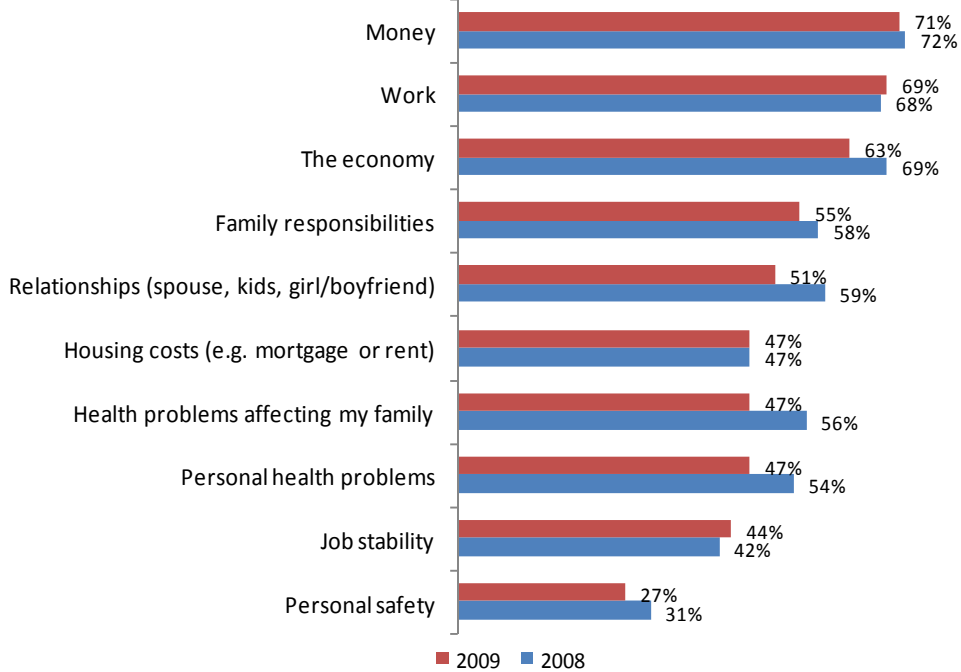
Overall, Americans' levels of stress remain high. People do appear to be recognizing that consistently high levels of stress are unhealthy and, for the first time, people are reporting that having lower levels of stress is good for you — half of Americans report that stress levels in the lower range (1, 2 or 3 on a 10-point scale) are healthy compared to 39 percent of people who believed this in 2008 and 28 percent in 2007. Regardless, it's clear given the consistently high levels of stress that people in the U.S. are reporting that this is still a health concern for many adults and some children.

- A quarter (24 percent) of Americans reported experiencing high levels of stress (a rating of 8, 9 or 10 on a 10-point scale) and half (51 percent) reported moderate stress levels in 2009 (a rating of 4, 5, 6 or 7 on a 10-point scale). (Q605)
- On a scale of 1 to 10, where 1 means little or no stress and 10 means a great deal of stress, 50 percent of Americans in 2009 consider the bottom range — from 1 to 3 — to be a healthy level of stress. In 2008, less than 40 percent considered these lower levels of stress healthy, and less than 30 percent felt this way in 2007. (Q605)
- The percentage of Americans reporting that their level of stress increased in the previous five years is down nearly 10 points compared with the summer of 2008 (45 percent compared with 53 percent). Similarly, the percentage of Americans reporting that their level of stress increased in the past year is down as well (42 percent compared with 47 percent in 2008). (Q623_08, Q620_54)



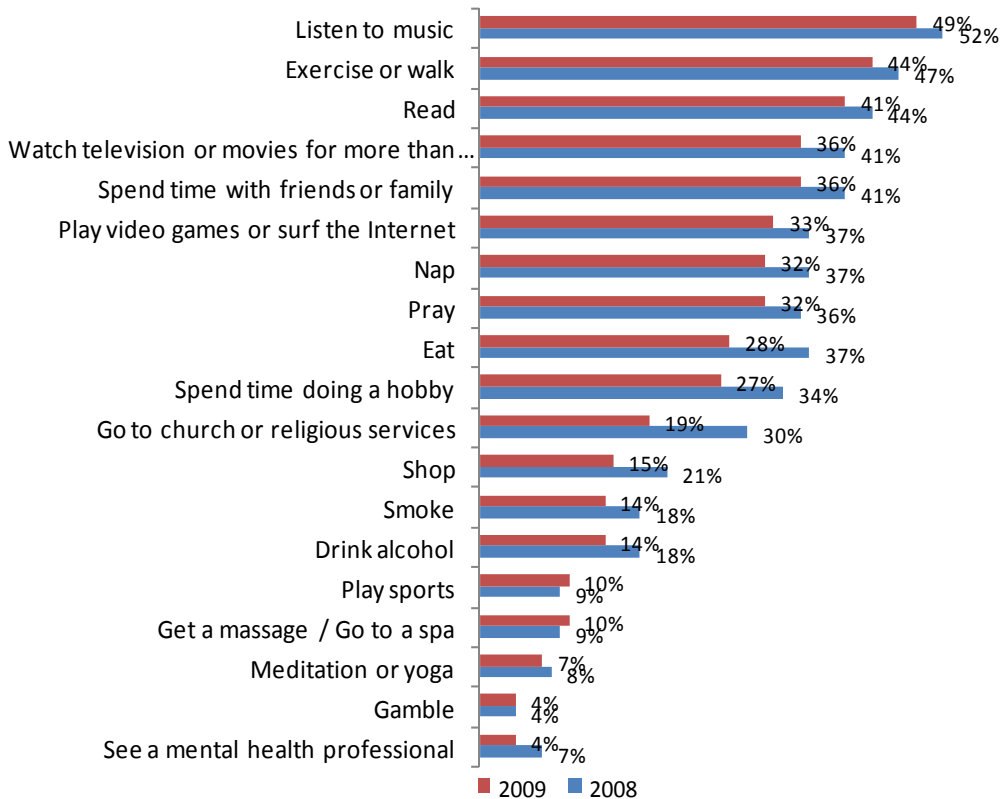
Significant Sources of Stress

(% Somewhat/Very Significant)



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.

Stress Management Techniques



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

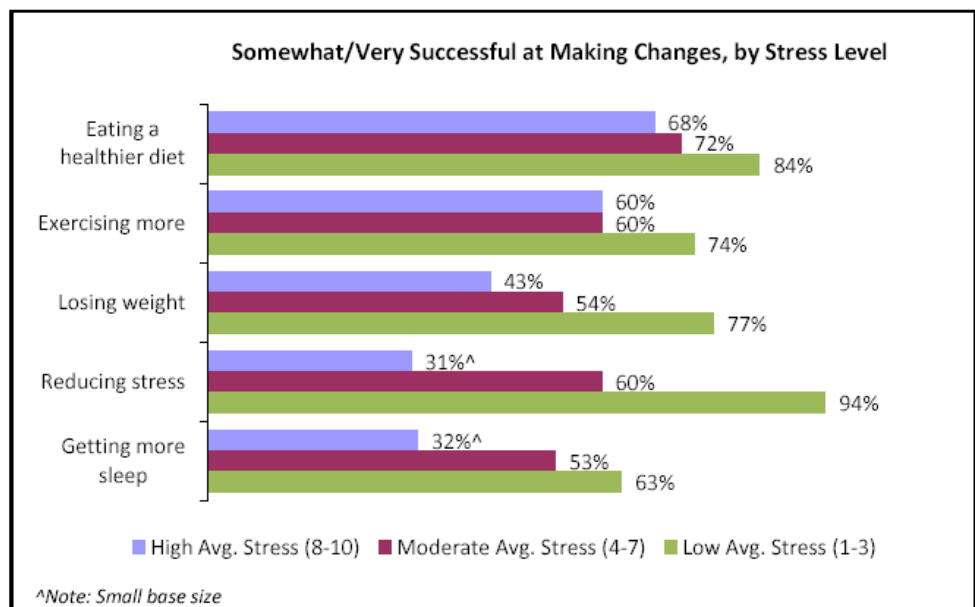
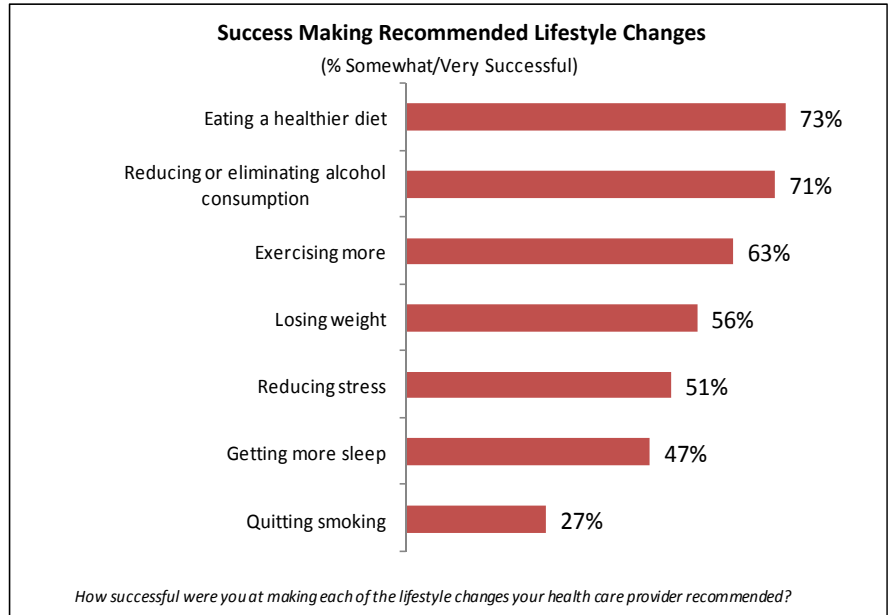
The Role of Lifestyle and Behavior in Promoting Good Health

Two-thirds (66 percent) of adults living in the U.S. have been told by a health care provider that they have one or more chronic conditions, most commonly high blood pressure or high cholesterol, and the vast majority of adults indicated that a health care provider recommended lifestyle and behavior changes (70 percent). In particular, health care providers recommended that people exercise more (48 percent), lose weight (38 percent) and eat healthier (36 percent). Unfortunately, few adults say they were offered support to make lasting changes. Less than half of adults who were instructed to make lifestyle changes were given an explanation for the recommendation (46 percent), offered advice or shown techniques to help make changes (35 percent) or referred to another health care provider to support the adoption of lifestyle changes (range: 5-10 percent). And, only half (48 percent) of adults reported that their health care providers followed up with them to check on their progress in making lifestyle and behavior changes.

In general, people reported facing a number of barriers in their efforts to make lasting lifestyle and behavior changes that are recommended by a health care provider. A third (33 percent) cited their own lack of willpower as the reason they were unsuccessful. In addition, not having enough time (20 percent) and lack of confidence (14 percent) were other specific personal barriers people said were preventing them from making lifestyle and behavior changes. More than one in 10 people cited stress as a barrier preventing them from making lifestyle and behavior changes (14 percent of adults report they are too stressed to make these changes).

Patients advised by their health care provider to make lifestyle changes specifically associated with behaviors or symptoms of stress — such as quitting smoking, getting more sleep or reducing stress overall — were the least likely to report success in making lifestyle changes. Among those who received each recommendation, only 27 percent were

successful quitting smoking, 47 percent were successful getting more sleep and 51 percent were successful reducing stress. In comparison, between 63 percent and 73 percent of adults reported being successful at exercising more, losing weight and eating a healthier diet. And adults reporting the highest stress levels (8, 9 or 10 on a 10-point scale) were less likely to be successful at making positive lifestyle changes when it came to eating a healthier diet, exercising more, losing weight, reducing stress and getting more sleep.



2009 Snapshot of Stress in America

PARENTS AND STRESS: Mothers report higher levels of stress than fathers, are more likely to report a variety of symptoms as a result of stress and are less likely to believe they're doing enough to manage their stress.

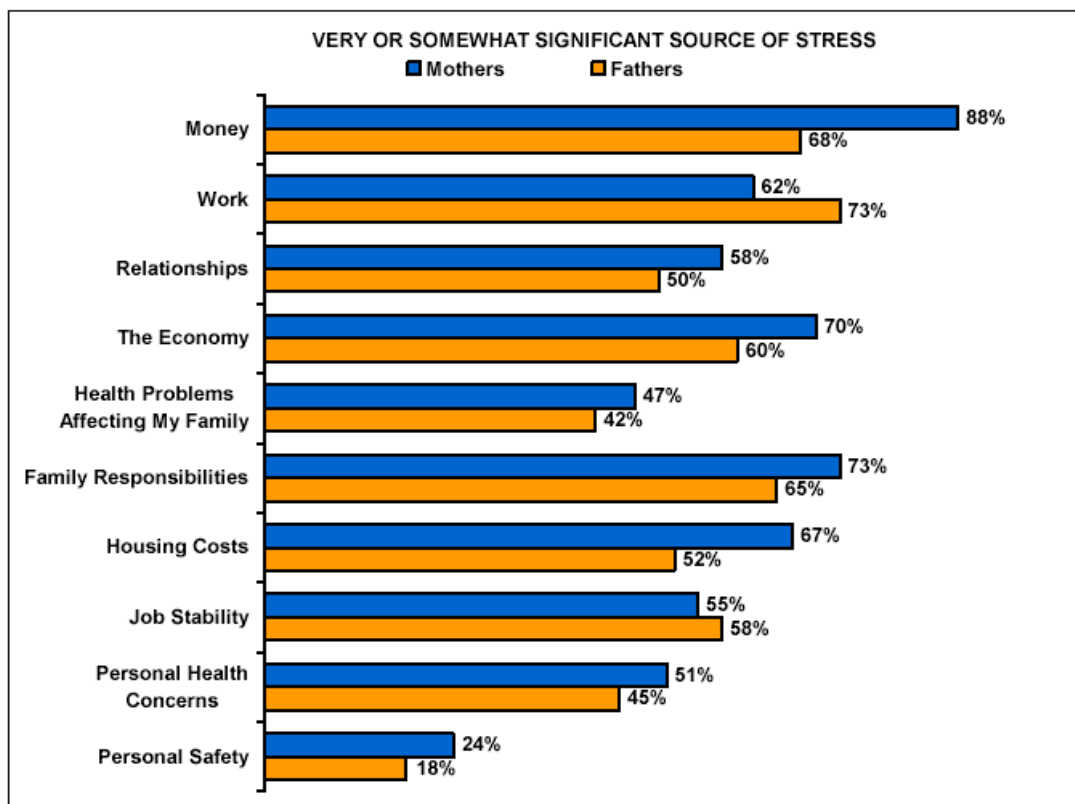
Mothers report higher average stress levels than fathers do, and are five times more likely to report a stress level of 10, indicating that moms are living with a great deal of stress.

- Mothers of children aged 8 – 17 report higher levels of stress than fathers, with 15 percent of moms rating their stress at a level of 10 in the last month (compared to 3 percent of dads).
- Mothers show concern about finances and are more likely than fathers to cite money (88 percent of mothers vs. 68 percent of fathers), the economy (70 percent vs. 60 percent) and housing costs (67 percent vs. 52 percent) as very or somewhat significant causes of stress.

Mothers also generally report more physical symptoms of stress than fathers.

- During the last month, more mothers than fathers report laying awake (66 percent vs. 55 percent), eating too much or eating unhealthy foods (52 percent vs. 48 percent) or skipping a meal (54 percent vs. 47 percent) because of stress.
- Mothers report experiencing various symptoms more frequently than fathers during that last month including feeling as though they could cry (54 percent vs. 15 percent), headache (54 percent vs. 32 percent), feeling nervous or anxious (44 percent of mothers vs. 27 percent of fathers) and feeling depressed or sad (41 percent vs. 27 percent).

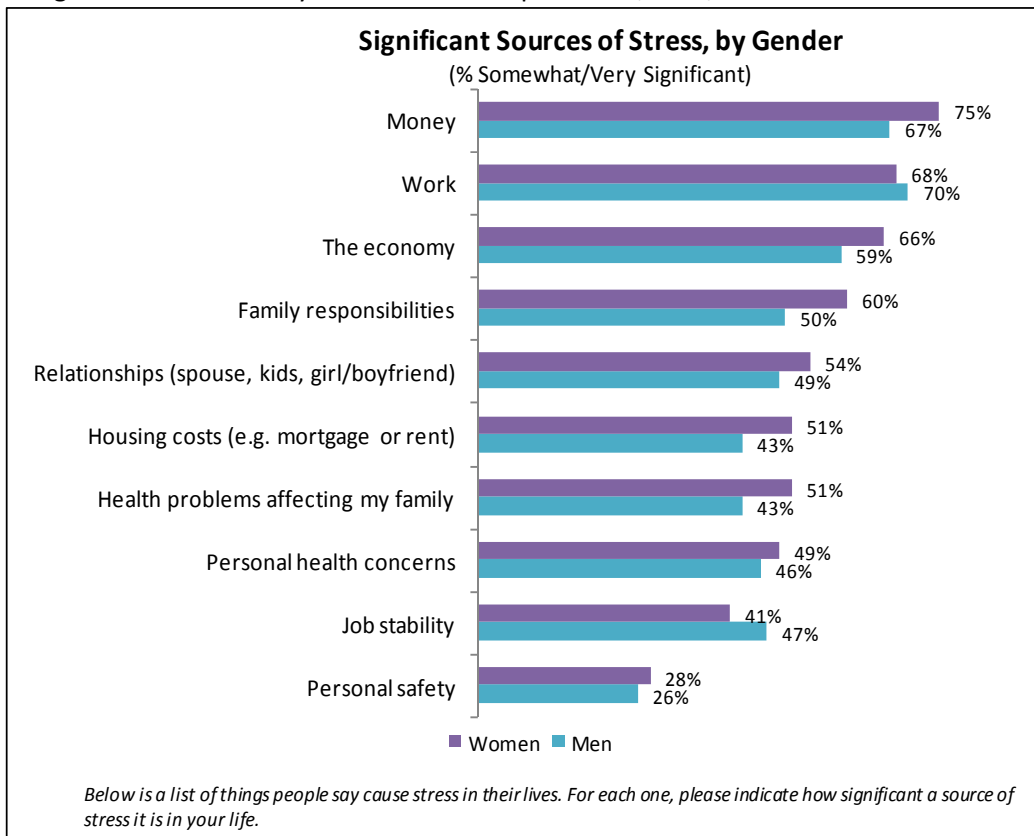
Overall, moms (45 percent) and single parents (36 percent) are less likely to believe they are doing enough to manage their stress (compared with 56 percent of dads and 59 percent of married parents).



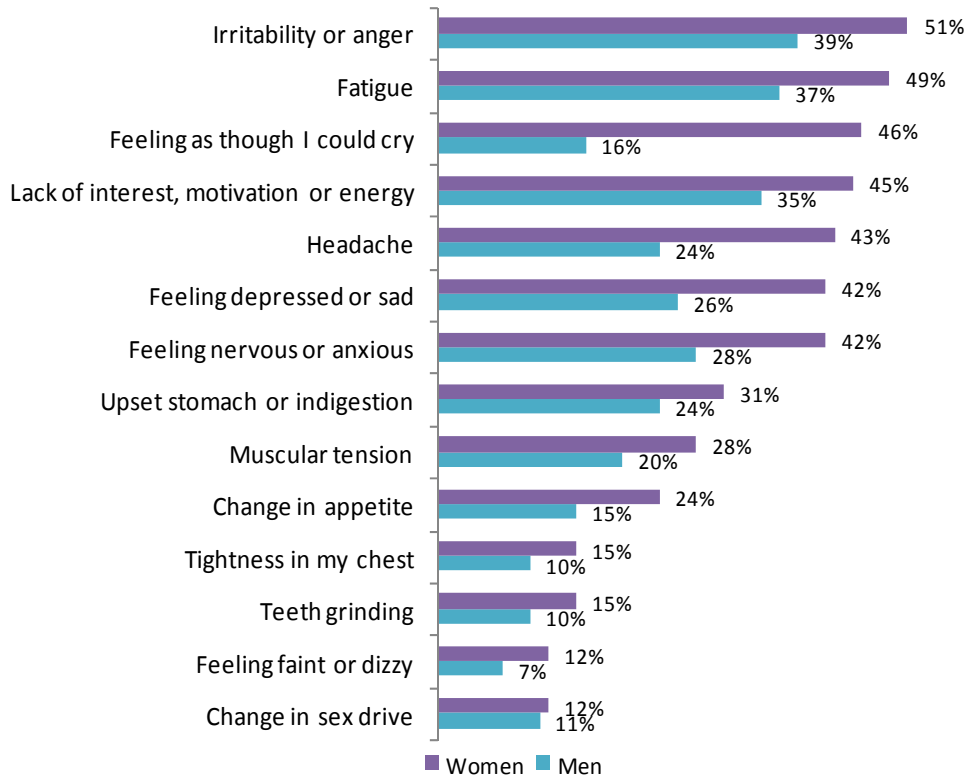
For each one, please indicate how significant a source of stress it is in your life.

GENDER AND STRESS: Results indicate that women continue to bear the brunt of stress, particularly in relation to financial concerns and worries over their family’s health and family responsibilities, and they consistently report higher levels of stress than men. Of greatest concern is the fact that women report more physical and emotional symptoms of stress, and are more likely to report lacking willpower to make changes recommended by health care providers.

- More women (27 percent) report high levels of stress (an 8, 9 or 10 on a 10-point scale) than men (19 percent). (Q605)
- More women say that financial issues such as money (75 percent women vs. 67 percent men), the economy (66 percent women vs. 59 percent men) and housing costs (51 percent women vs. 43 percent men) are a significant source of stress in their lives. (Q625_61)
- Regardless of their levels of stress or concern about stress, women are much less likely (49 percent) than men (60 percent) to report that work-related demands have interfered with responsibilities at home in the past three months. (Q920)
- Women are also more likely than men to say issues related to their family are a significant source of stress, including family responsibilities (60 percent women vs. 50 percent men) and health problems affecting their families (51 percent women vs. 43 percent men). (Q625_61)
- More women than men say that stress has kept them up at night in the past month (52 percent women vs. 42 percent men), or that they have eaten too much or unhealthy foods (52 percent women vs. 33 percent men), or skipped a meal (women 42 percent vs. men 31 percent) as a result of stress. (Q770, Q785, Q800)
- Across the board, women are much more likely to report having experienced symptoms of stress in the past month than men, including irritability or anger (51 percent women vs. 39 percent men); fatigue (49 percent women vs. 37 percent men); lack of interest, motivation or energy (45 percent women vs. 35 percent men); feeling nervous or anxious (42 percent women vs. 28 percent men); feeling depressed or sad (42 percent women vs. 26 percent men); headache (43 percent women vs. 24 percent men); feeling like crying (46 percent women vs. 16 percent men); upset stomach or indigestion (31 percent women vs. 24 percent men); muscular tension (28 percent women vs. 20 percent men); and change in appetite (24 percent women vs. 15 percent men). (Q810)
- More women than men (37 percent vs. 28 percent) say not having enough willpower keeps them from making the lifestyle changes recommended by their health care provider. (Q2255)



Symptoms of Stress, by Gender



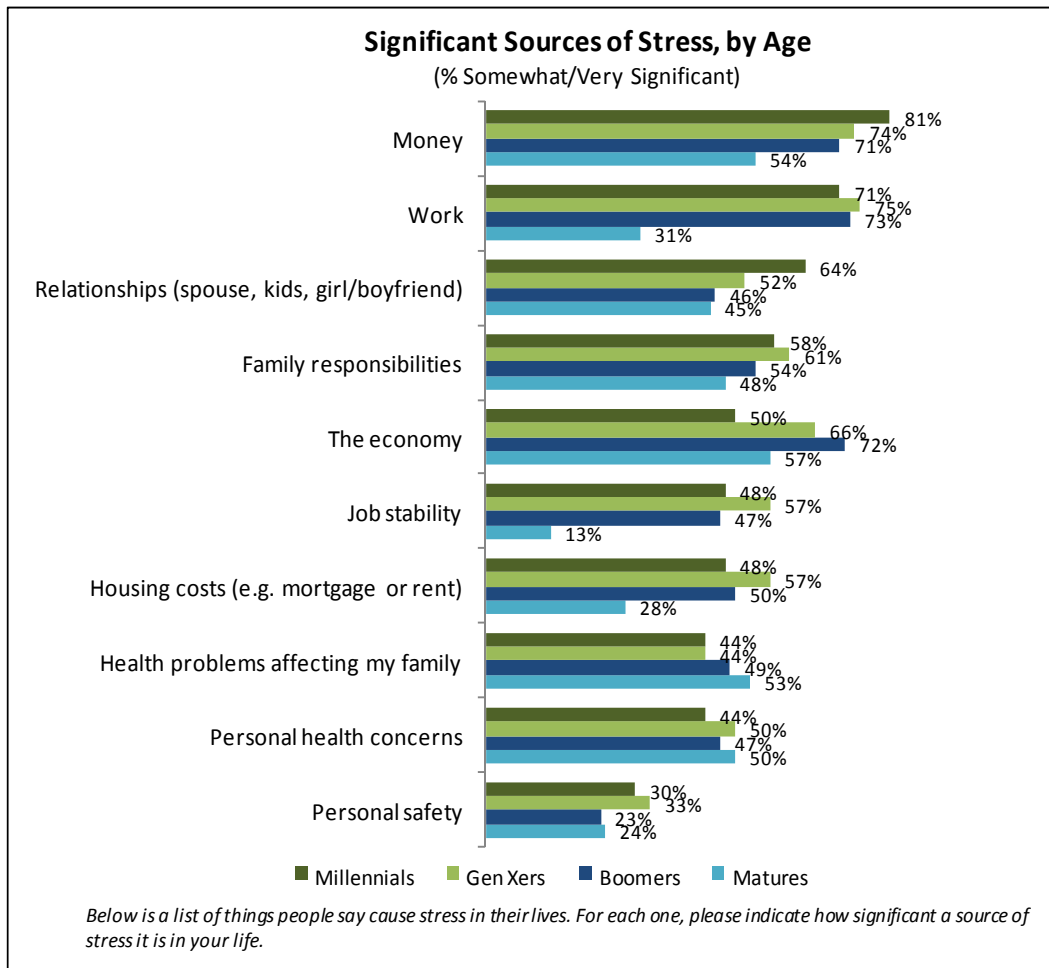
Which of the following, if any, have you experienced in the last month as a result of stress?

GENERATIONS AND STRESS⁴: Regardless of age, general economic and financial concerns continue to be significant sources of stress for most adults, but specific stressors and physical symptoms related to stress vary significantly among generations.

In general, economic and financial concerns continue to be significant sources of stress for the majority of adults across age ranges (range: 54 to 81 percent), but when comparing sources of stress across generations, there are some notable differences. Millennials are most likely to see money as a significant stressor (81 percent compared to 74 percent of Gen Xers, 71 percent of Boomers and 54 percent of Matures), Gen Xers are more likely to view work as a significant source of stress (75 percent compared to 71 percent of Millennials, 73 percent of Boomers and 31 percent of Matures) and Boomers are more likely to cite the economy as a significant source of stress (72 percent compared to 50 percent of Millennials, 66 percent of Gen Xers and 57 percent of Matures).

Adults report a variety of physical symptoms of stress depending on their age.

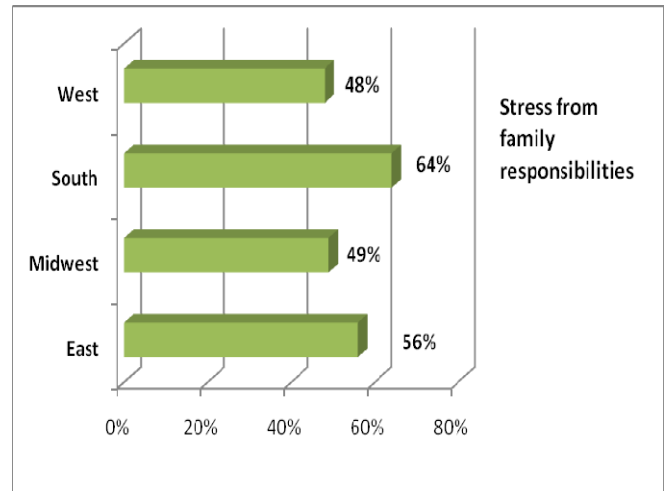
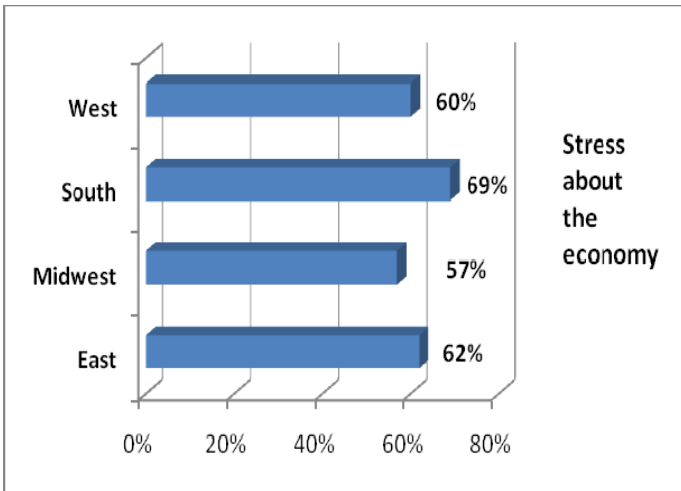
- Gen Xers are more likely to report feeling irritable or angry as a result of stress in the past month (53 percent) than Boomers (47 percent) and Millennials (46 percent). Significantly fewer Matures (29 percent) report similar feelings caused by stress. (Q810)
- Similar percentages of Millennials (43 percent) and Gen Xers (41 percent) report that they experience headaches resulting from stress, while Boomers (31 percent) and Matures (16 percent) are less likely to say they have experienced headaches resulting from stress in the past month. (Q810)



⁴ Millennials (18 – 30-year-olds), Gen Xers (31 – 44-year-olds), Boomers (45 – 63-year-olds), and Matures (64 years and older)

STRESS BY REGION⁵: Money and work top the list of significant sources of stress across the board in the U.S., but there are regional differences in sources of stress and behaviors used to manage stress. For example, adults living in the South are most likely to cite the economy and family responsibilities as significant sources of stress. Adults living in the East are more likely to report engaging in unhealthy behaviors such as smoking and drinking alcohol to manage stress.

- The economy is more likely to be seen as a significant source of stress in the South (69 percent) than in other regions (62 percent in the East, 57 percent in the Midwest and 60 percent in the West). (Q625_61)
- Family responsibilities are more often considered a significant stressor in the South (64 percent) than in other regions of the country (56 percent in the East, 49 percent in the Midwest and 48 percent in the West). (Q625_61)
- There was a significant drop since last year in the percentage of people living in the West who report that family health problems are a significant source of stress (41 percent in 2009 vs. 59 percent in 2008). (Q625_61)



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.

While adults across America report similar levels of stress, there are some regional differences in the activities that adults do to help manage stress and their ability to make lifestyle and behavior changes.

- Adults in the East (5.5 on a 10-point scale), Midwest (5.6 on a 10-point scale), South (5.4 on a 10-point scale) and West (5.3 on a 10-point scale) reported similar average stress levels. They also agree that lower levels of stress are healthy. (Q605, Q610)
- Southerners are more likely than adults in other regions to pray (42 percent vs. 23 percent in the East, 31 percent in the Midwest and 29 percent in the West) as a way to cope with stress and more Westerners say they exercise or walk (50 percent vs. 45 percent in the East, 46 percent in the Midwest and 37 percent in the South) and spend time with family and friends (42 percent vs. 29 percent in the East, 38 percent in the Midwest and 36 percent in the South) to manage stress than residents of other regions. (Q965)

⁵ The states included in each region are:

East: Connecticut; Delaware; Maine; Maryland; Massachusetts; New Hampshire; Rhode Island; Vermont; New Jersey; New York; Pennsylvania; Washington, DC; West Virginia

South: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia

Midwest: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin

West: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming

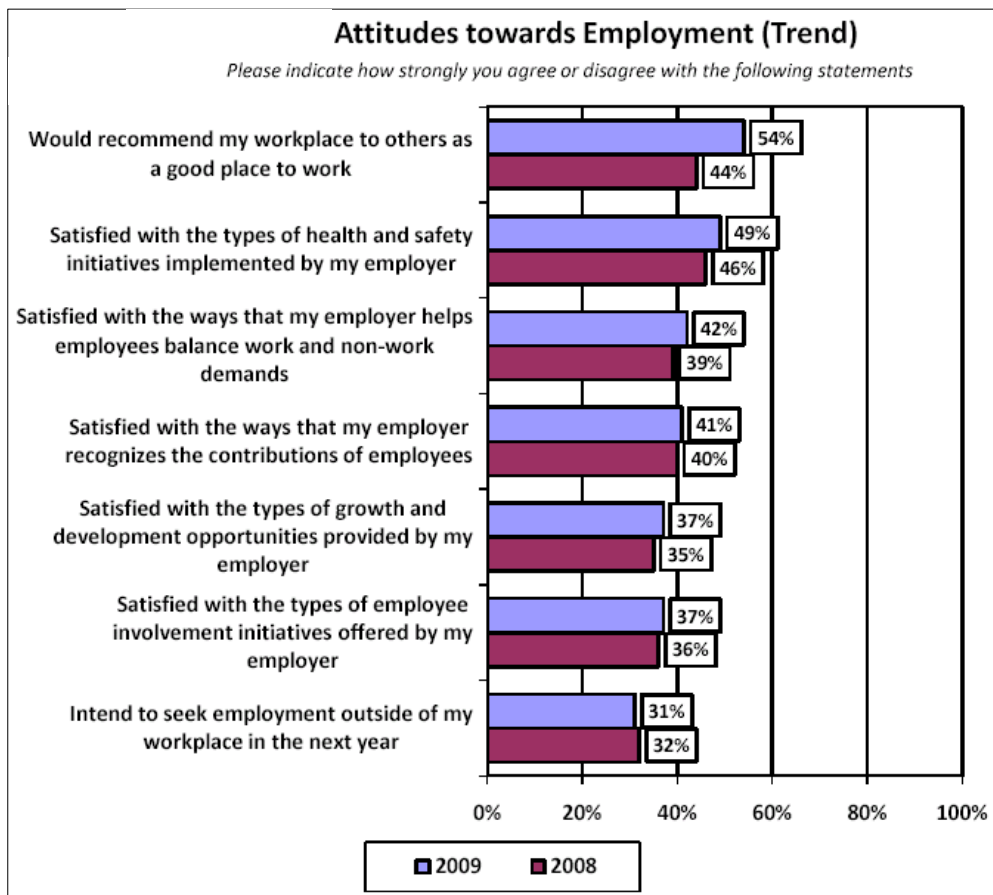
The urban, suburban and rural breakdown is based on respondents' self-reported answer asking them to describe the area where they currently reside.

- Easterners are more likely to smoke (21 percent) or drink alcohol (19 percent) than adults in the Midwest (15 percent and 14 percent), West (8 percent and 14 percent) and South (12 percent and 11 percent). (Q965)
- Adults living in rural areas are more likely than those in urban areas to cite certain personal barriers to implementing lifestyle and behavior changes, including lack of willpower (39 percent rural vs. 25 percent urban), cost (24 percent vs. 15 percent) and lack of confidence in their ability to make a change (18 percent vs. 10 percent). (Q965)

Stress Management Techniques, by Region				
	East	Midwest	South	West
Exercise or walk	45%	46%	37%	50%
Listen to music	43%	51%	53%	49%
Read	35%	50%	41%	40%
Watch television or movies for more than 2 hours per day	31%	44%	38%	30%
Nap	31%	28%	30%	34%
Spend time with friends or family	29%	38%	36%	42%
Eat	26%	29%	30%	27%
Play video games or surf the Internet	25%	38%	36%	32%
Pray	23%	31%	42%	29%
Spend time doing a hobby	23%	29%	29%	26%
Smoke	21%	15%	12%	8%
Drink alcohol	19%	14%	11%	14%
Shop	12%	15%	17%	16%
Go to church or religious services	11%	20%	23%	21%
Meditation or yoga	11%	4%	7%	8%
See a mental health professional	8%	4%	4%	2%
Get a massage / Go to a spa	7%	8%	12%	12%
Play sports	5%	12%	9%	13%
Gamble	2%	5%	4%	3%

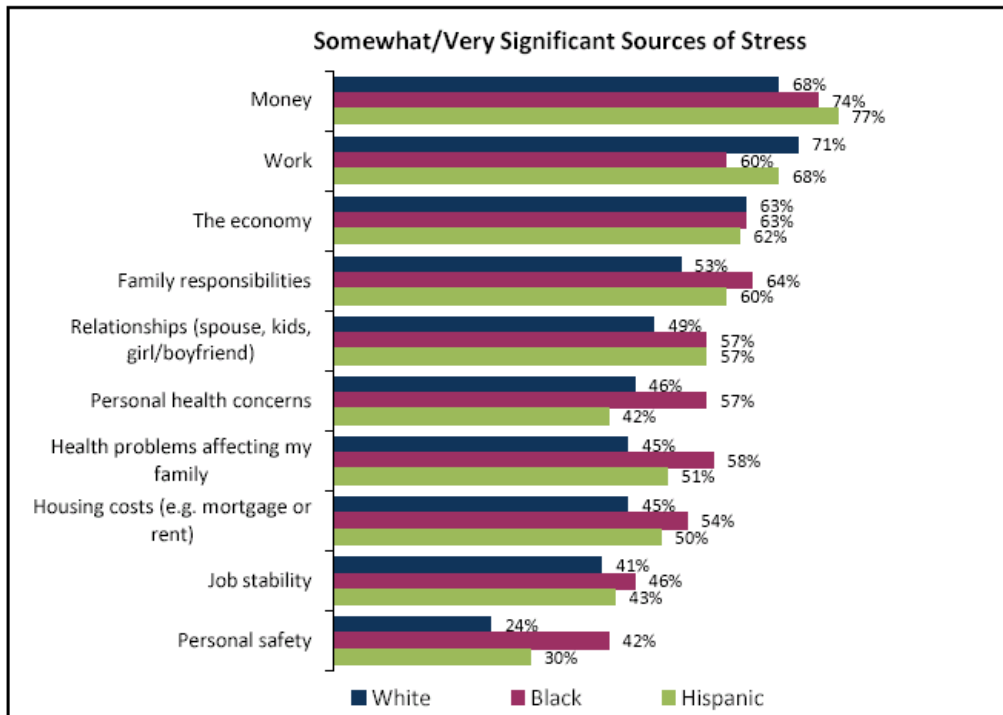
STRESS IN THE WORKPLACE: Employed Americans continue to say their work is a significant source of stress, even though they report greater satisfaction with their jobs than in 2008. However, about half of workers report having lost productivity due to stress while at work during the past month and the percentages of people overall who report they are pleased with their place of employment are still low.

- Compared to 2008, slightly more employees report feeling satisfied with their jobs (65 percent in 2009 vs. 61 percent in 2008), the health and safety initiatives implemented by their employer (49 percent vs. 46 percent) and ways employers help workers balance work and non-work demands (42 percent vs. 39 percent). While these findings represent an increase in job satisfaction in the last year, the percentage of people who appear to be happy at their job and with their employer is still low. (Q1905_08)
- Just over half of employees (54 percent) would recommend their workplace to others as a good place to work. In 2008, fewer employees (44 percent) said they would have recommended their workplace to others. (Q1905_08)
- However, 51 percent of employees report some amount of lost productivity due to stress while at work (compared to 40 percent in 2008). Interestingly, younger workers are more likely to report some degree of lost productivity due to stress — roughly six in 10 Millennials and Gen Xers report some amount of lost productivity (61 percent and 58 percent, respectively). In contrast, fewer than half (47 percent) of Boomers report some lost productivity and just 22 percent of working adults 64 and older report any degree of lost productivity. (Q945)
- For the first time, more working adults agree (41 percent) than disagree (36 percent) that they typically feel tense or stressed out during their workday (compared to 39 percent who agreed and 39 percent who disagreed in 2008, and 34 percent who agreed and 41 percent who disagreed in 2007). (Q905)



ETHNICITY AND STRESS: Hispanics are more likely than Whites or Blacks to report an increase in stress levels over the past year, and Hispanics are also the group most likely to report physical symptoms as a result of stress, indicating that stress may be a serious health concern for the Hispanic population in the U.S.

- A greater percentage of Hispanics report that their stress has increased in the past year than said this in 2008 (50 percent compared to 44 percent in 2008).
- A lower percentage of both Whites (40 percent in 2009 compared to 49 percent in 2008) and Blacks (39 percent in 2009 compared to 43 percent in 2008) reported that their stress levels had increased in the past year than said this in 2008. (Q605)
- Money is more likely to be seen as a significant source of stress among Hispanics (77 percent) than for Whites (68 percent) and Blacks (74 percent). (Q625_61)
- More Blacks report personal health concerns (57 percent vs. 46 percent for Whites and 42 percent for Hispanics) and family issues (64 percent of Blacks identified family responsibilities as a source of stress and 58 percent reported family health problems as a source of stress, compared with 53 percent and 45 percent for Whites and 60 percent and 51 percent for Hispanics, respectively) as significant sources of stress than other groups. (Q625_61)



Hispanics also more commonly report experiencing symptoms of stress than Whites and Blacks.

- More Hispanics report having experienced headaches in the past month as a result of stress (44 percent) than Blacks (34 percent) and Whites (32 percent), and more Hispanics say they have experienced a change in appetite (26 percent) in the last month as a result of stress than Blacks (17 percent) and Whites (18 percent). (Q810)
- Hispanics more commonly say they experienced upset stomach or indigestion (34 percent) than Blacks (22 percent) Whites (27 percent). (Q810)
- Almost half of Hispanics say they have experienced fatigue in the past month (49 percent) compared to Blacks (32 percent) and Whites (43 percent), and more Hispanics (53 percent) than Whites (45 percent) and Blacks (46 percent) report having lain awake at night in the past month due to stress. (Q810)
- Hispanics are more likely to say they have felt nervous or anxious due to stress in the past month (41 percent) than Blacks (25 percent) and Whites (36 percent). (Q810)

