

Presentation Title	Place in Schedule
Job Stress and Burnout: Results from a Nationally Worker Representative Survey	Poster Session <i>Day 2 – Wednesday</i> <i>May 9th, 2018</i> <i>8:30am-9:30am</i>
Description of Presentation	Presenter Name(s) And Credentials
<p>Job stress and burnout, which are prevalent issues among workers, are arguably the biggest threat to the health of workforces worldwide.¹ Research has shown that as many as half of the 175 million sick days taken by workers in the United Kingdom each year are stress-related.² The annual economic cost of work-related stress is estimated in the billions: 9.2 billion euros in the European Union and \$6.6 billion in the United States, according to the International Labor Organization.³ Stress and burnout are associated with many problems in health and safety, including increased risks for cardiovascular disease, cancer, diabetes, depression and anxiety, fatigue, obesity, and musculoskeletal pain. Stressed employees are also more likely to have poor morale, higher rates of absenteeism, increased turnover, reduced productivity, and higher healthcare costs.⁴ The Quality of Work Life (QWL) survey asks questions about working conditions and health and safety concerns in the U.S. workforce, and it is administered every 4 years. Findings are presented here from four administrations of the survey, in 2002 (n = 1779), 2006 (n = 1723), 2010 (n = 1163), and 2014 (n=1246); in all, a total of 5911 workers were surveyed. Levels of stress and burnout are compared across industries, types of jobs, work arrangements, and a variety of physical and mental health outcomes. Stress and burnout experienced by workers remained fairly constant, at a moderate level, across the 4 waves of data collected over the 12-year period. In comparison with workers in other industries, a greater number of healthcare and transportation workers</p>	<p>Rashaun K Roberts, PhD <i>CDC/NIOSH</i></p>

reported job stress and a greater number of construction workers reported burnout.

Generally, a greater percentage of permanent employees experienced stress than employees working under other types of job

arrangements. Furthermore, supervisors and full-time employees reported more stress and burnout than non-supervisors and

part-time employees, and the self-employed reported less stress and burnout than the non-self-employed.

More workers with high stress and burnout reported experiencing one or more days of poor health in the past 30 days than those

with low stress and burnout. These results were consistent across several types of health, including injuries and physical, mental, and general health.

The data from the Quality of Work Life survey suggest that today's workers have stress and burnout at levels similar to those a decade ago.

People working in some industries, types of jobs, and work arrangements are more likely to be stressed and burned out than others.

Furthermore, stress and burnout are associated with poor mental and physical health.

Future research should examine why some occupational groups (for example, healthcare and construction workers) are more

prone to stress and burnout than others. Organization-level interventions should be developed to reduce stress and burnout.

Leaders and supervisors should play an active, supportive role in these interventions.