

# **Intervention In Occupational Stress**

Randall R. Ross, Elizabeth M. Altmaier

#### **Intervention In Occupational Stress:**

Intervention in Occupational Stress Randall R. Ross, Elizabeth M. Altmaier, 1994-03-15 An excellent introduction Readers of this journal looking for a brief but comprehensive introduction to the field of stress management will find this book to be more than adequate for this purpose Perhaps the book s greatest strength is the way it has managed to combine insights and research from both occupational psychology and clinical psychology to tackle workplace stress Cary Cooper would surely be pleased with the authors efforts at what he has termed clinical occupational psychology International Journal of Social Psychiatry This practical guide focuses on the intervention strategies which can be employed by counsellors to help individuals suffering from emotional and physiological stresses engendered in the workplace With key points illustrated by case studies chapters define the nature of occupational stress and provide information about the emotional behavioural physiological and cognitive symptoms which can occur The authors also discuss the factors influencing the problem factors which can be tied to the individual to the work setting and to the larger social context Specific coping strategies explored are targeted both at the individual for example relaxation training and stress management programmes and at the workplace for instance job redesign and career planning Finally methods that practitioners can use to evaluate their interventions are presented in detail Improving Organizational Interventions For Stress and Well-Being Caroline Biron, Maria Karanika-Murray, Cary Cooper, 2012-11-12 This book brings together a number of experts in the field of organizational interventions for stress and well being and discusses the importance of process and context issues to the success or failure of such interventions. The book explores how context and process can be incorporated into program evaluation providing examples of how this can be done and offers insights that aim to improve working life Although there is a substantial body of research supporting a causal relationship between working conditions and employee stress and well being information on how to develop effective strategies to reduce or eliminate psychosocial risks in the workplace is much more scarce ambiguous and inconclusive Indeed researchers in this field have so far attempted to evaluate the effectiveness of organizational interventions to improve workers health and well being but little attention has been paid to the strategies and processes likely to enhance or undermine interventions. The focus of this volume will help to overcome this qualitative quantitative divide This book discusses conceptual developments practical applications and methodological issues in the field As such it is suitable for students practitioners and researchers in the fields of organizational psychology and clinical psychology as well as human resources management health safety medicine occupational health risk management and public health Organizational Interventions and Mental Health in the Workplace Steve Harvey, 2006 1 Introduction 1 1 Organization of report 1 2 Preparation of the report 2 Conceptual framework 2 1 Occupational stress and mental health 2 2 Stressors stress agents 2 3 Stress 2 4 Strain 2 5 Moderators 3 Method literature search 3 1 Analysis 4 Results of literature search 4 1 Frameworks 4 2 Process frameworks 4 3 Content frameworks 4 4 Evidence based framework 4 5 Effectiveness of

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Organizational Interventions and Mental Health in the Workplace Steve Harvey, 2006 1 Introduction 1 1 Organization of report 1 2 Preparation of the report 2 Conceptual framework 2 1 Occupational stress and mental health 2 2 Stressors stress agents 2 3 Stress 2 4 Strain 2 5 Moderators 3 Method literature search 3 1 Analysis 4 Results of literature search 4 1 Frameworks 4 2 Process frameworks 4 3 Content frameworks 4 4 Evidence based framework 4 5 Effectiveness of intervention strategies 5 Recommendations and conclusions 5 1 Research needed 5 2 Research measurement and design 5 3 Practice issues for organizations 5 4 Issues for research excellence References Appendix I Symposium participants Stress Interventions Lawrence R. Murphy, 1995-01 Downsizing reorganization global competition and constantly changing technology are some of the sources for job stress in the US workforce Here 27 empirical studies present models for intervening both at the individual level and the organizational and policy level They investigate topics including stress management training the promotion of coping strategies among unemployed workers post traumatic stress and policy and legislation issues such as workers compensation claims This is the third of three books derived from a 1992 national conference titled Stress in the 90s A Changing Workforce in a Changing Workplace Annotation copyright by Book News Inc Job Stress Interventions, 2009 Reported job stress in the US workforce is on the increase Among the causes Portland OR are downsizing reorganization the pressures of global competition and constantly changing new technology This edited book of empirical studies presents models for job stress intervention both at the individual level and at the organizational and policy level Job Stress Interventions investigates stress management training the promotion of coping strategies among unemployed workers and help for workers who experience posttraumatic stress disorder as a result of their job It also presents some promising new developments that enable interventions to be made at the organizational level and thus promote organizational health Finally the volume examines policy and legislation issues such as workers compensation claims the development of occupational stress standards and occupational welfare in the European Community PsycINFO Database Record c 2009 APA all rights reserved **CBT for Occupational Stress in Health Professionals** Martin R. Bamber, 2006-11-22 The costs of occupational stress in terms of sickness absence ill health related retirement litigation and lost productivity are increasing putting strain on economies across the world. The fact that health care work is inherently more stressful than many other occupations makes it vital that the problem of occupational stress among health professionals is addressed CBT for Occupational Stress in Health Professionals goes beyond simply defining the problem and fills a gap in the current literature by providing clear and concise individual treatment interventions In three parts the book covers an overview of stress in the occupational context the standard CBT approach to assessment formulation and treatment a new schema focused approach to treating occupational stress The schema focused approach presented here provides powerful

tools for treating a range of work related problems for which standard CBT approaches are ineffective Case studies are presented throughout the book to illustrate the therapeutic approaches described This book will be of huge benefit to clinical and organizational psychologists psychiatrists mental health workers counsellors and anyone else involved in treating occupational stress It will also have much to offer those who manage people suffering from stress human resource workers and those who are experiencing work related stress Occupational Stress Peter Y. Chen, 2023-07-10 The workplace can be a major source of stress and this can cause health problems that have a negative impact on the individuals organizational and society This concise evidence based volume written by a leading occupational health psychologist explores how work conditions and organizational characteristics pose threats and harms to people s wellbeing through the lens of occupation stress theories and models The author then summarizes the potential adverse impacts of major job stressors across individuals families organizations and nations In a final section several evidence based prevention strategies targeting individuals management and organizations are explored including recovery from work job crafting and supervisors as change agents Practitioners can modify and tailor these actionable strategies to assist employees and organizations in managing occupational stress This book is essential reading for clinical and occupational psychologists managers supervisors and anyone interested in making the workplace a healthier place Occupational Stress Sally Hardy, Jerome Carson, Ben L. Thomas, 1998 This book presents a unique theoretical and practical overview of the issues relating to stress and burnout among healthcare professionals Occupational stress offers guidance and advice on many subjects including the maintenance of a healthy workforce A Handbook Robert Mosley, 2014-11-23 It may seem that there s nothing you can do about stress The bills won t stop coming there will never be more hours in the day and your career and family responsibilities will always be demanding But you have more control than you might think In fact the simple realization that you re in control of your life is the foundation of stress management Managing stress is all about taking charge of your thoughts emotions schedule and the way you deal with problems Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person s levels of stress especially chronic stress usually for the purpose of improving everyday functioning In this context the term stress refers only to a stress with significant negative consequences or distress in the terminology advocated by Hans Selye rather than what he calls eustress a stress whose consequences are helpful or otherwise positive Stress produces numerous physical and mental symptoms which vary according to each individual s situational factors These can include physical health decline as well as depression The process of stress management is named as one of the keys to a happy and successful life in modern society Although life provides numerous demands that can prove difficult to handle stress management provides a number of ways to manage anxiety and maintain overall well being Despite stress often being thought of as a subjective experience levels of stress are readily measurable using various physiological tests similar to those used in polygraphs Many practical stress management techniques are available some for use by health professionals and

others for self help which may help an individual reduce their levels of stress provide positive feelings of control over one s life and promote general well being Derailed Organizational Interventions for Stress and Well-Being Maria Karanika-Murray, Caroline Biron, 2015-07-30 Providing an overview of researchers and practitioners confessions on the fascinating phenomenon of failed or derailed organizational health and well being interventions and contextualizing these confessions is the aim of this innovative volume Organizational intervention failures paradoxes and unexpected consequences can offer a lot of rich and extremely useful practical lessons on intervention design and implementation and possibly on the design of future research on organizational interventions This volume presents lessons learned from derailed interventions and provides possible solutions to those tasked with implementing interventions It provides an open practical and solutions focused account of researchers and practitioners experiences in implementing organizational interventions for health and Occupational Stress and Well-Being in Military Contexts Peter D. Harms, Pamela L. Perrewé, 2018-08-22 well being This volume examines the causes and consequences of stress in the military focusing on how stress and well being shape the experiences of military personnel both in and out of the combat zone The Role of the Economic Crisis on Occupational Stress and Well Being Pamela L. Perrewé, Jonathon R. B. Halbesleben, Christopher C. Rosen, 2012-10-19 Workers experience an increasingly uncertain future and many have been forced to search for jobs in a highly competitive market In this volume we call upon the field's leading researchers to examine how economic conditions relate to occupational stress and well being

Overcoming Your Workplace Stress Martin R. Bamber, 2013-03-01 Occupational stress affects millions of people every year and is not only costly to the individual in terms of their mental and physical health but also results in major costs for organisations due to workplace absence and loss of productivity This Cognitive Behaviour Therapy CBT based self help guide will equip the user with the necessary tools and techniques to manage work related stress more effectively Divided into three parts this book will help you to understand occupational stress learn about a range of methods to reduce stress levels develop your own self help plan Overcoming Your Workplace Stress is written in a straightforward easy to follow style allowing the reader to develop the necessary skills to become their own therapist **Occupational Stress in the Service Professions** Maureen Dollard, Helen R. Winefield, Anthony H. Winefield, 2003-03-20 Workers in the service industry face unique types and levels of stress and this problem is worsening Many workers and organizations are now recognizing work stress as a significant personal and organizational cost and seeing the need to evaluate a range of organizational issues that present psychosocial hazards to the workers Occupation Environmental and Occupational Medicine William N. Rom, Steven B. Markowitz, 2007 PROPOSAL DESCRIPTION Now in its updated Fourth Edition this classic text provides comprehensive coverage of all aspects of occupational and environmental medicine The book offers accurate current information on the history causes prevention and treatment of a wide range of environmental and occupational diseases and includes numerous case studies This edition includes more information on gene environment interactions The section on air

pollution has been completely reorganized Other Fourth Edition highlights include expanded coverage of government responses to the field and a new chapter on children's environmental health Now in its updated Fourth Edition this classic text provides comprehensive coverage of all aspects of occupational and environmental medicine The book offers accurate current information on the history causes prevention and treatment of a wide range of environmental and occupational diseases and includes numerous case studies This edition includes more information on gene environment interactions The section on air pollution has been completely reorganized Other Fourth Edition highlights include expanded coverage of government responses to the field and a new chapter on children's environmental health Occupational and Environmental Health Barry S. Levy, David H. Wegman, Sherry L. Baron, Rosemary K. Sokas, 2011-01-25 Occupational and environmental health is the public health and multidisciplinary approach to the recognition diagnosis treatment prevention and control of disease injuries and other adverse health conditions resulting from hazardous environmental exposures in the workplace the home or the community These are essential elements of public health practice and the core course in Environmental Health in Masters of Public Health programs Thoroughly updated and expanded upon the sixth edition of Occupational and Environmental Health provides comprehensive coverage and a clear understanding of occupational and environmental health and its relationships to public health environmental science and governmental policy New chapters include Toxicology Risk Communication Health Equity and Social Justice Occupational and Environmental Health Surveillance Food Safety Protecting Disaster Rescue and Recovery Workers Implementing Programs and Policies for a Healthy Workforce and Addressing the Built Environment and Health The authors also expand on chapters included in previous chapters and the book features practical case studies numerous tables graphs and photos and annotated bibliographies Reviews for previous editions This text goes a long way in meeting the need for a brief overview of the entire field The quality of writing is in general excellent and this is a physically attractive book Chapters are concise and to the point The use of illustrative cases in many of the chapters is a definite plus This an excellent book and a mainstay for introductory courses in the field The American Journal of Industrial Medicine It achieves a good blend of practical application together with the elements of the supporting sciences such as toxicology and epidemiology as well the social context It is a useful text to inform and support day to day practice to educate students and to help with examinations If I had not received a reviewer's copy i would have bought the book out of my own pocket Occupational and Environmental Medicine The book is geared primarily to medical personnel and professionals but it contains many chapters that would be of use to nearly everyone It is a delight to read Journal of Community Health **Improving Organizational Interventions for Stress and** Well-being Caroline Biron, Maria Karanika-Murray, Cary L. Cooper, 2012 This book brings together a number of experts in the field of organizational interventions for stress and well being and discusses the importance of process and context issues to the success or failure of such interventions The book explores how context and process can be incorporated into program

evaluation providing examples of how this can be done and offers insights that aim to improve working life Although there is a substantial body of research supporting a causal relationship between working conditions and employee stress and well being information on how to develop effective strategies to reduce or eliminate psychosocial risks in the workplace is much more scarce ambiguous and inconclusive Indeed researchers in this field have so far attempted to evaluate the effectiveness of organizational interventions to improve workers health and well being but little attention has been paid to the strategies and processes likely to enhance or undermine interventions. The focus of this volume will help to overcome this qualitative quantitative divide This book discusses conceptual developments practical applications and methodological issues in the field As such it is suitable for students practitioners and researchers in the fields of organizational psychology and clinical psychology as well as human resources management health safety medicine occupational health risk management and public health Transformative Work Design Sharon K. Parker, 2025 A rise in work related mental health issues the accelerating implementation of highly disruptive digital technologies and an ageing population are all critical societal trends that call for more attention to the design of healthy productive and meaningful work Against this background this chapter presents an integrative framework of work design The framework depicts a multi level approach to work characteristics which shape various outcomes and which in turn are influenced by individual team organizational and macro level antecedents We map each Part of the book and the chapters therein against this framework so as to guide the reader through the book It is our hope that through inspiring novel research and evidence based practice this book helps us to realize the transformative impact of work design for all workers **Prerequisites for Healthy Organizational Change** Per Øystein Saksvik,2009-05-11 We live in a time where organizational change has become the norm Organizations are constantly undergoing major restructurings be it outsourcing downsizing or major reorganizational changes e g team or LEAN implementation Stability has become the ex

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