

Stress and Psychological Disorders

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Summary

The information in this document relates to stress-related and psychological disorders. The document can be found at: www.hse.gov.uk/statistics/causdis/stress/index.htm

Work-related stress is defined as a harmful reaction people have to undue pressures and demands placed on them at work.

Stress has consistently been one of the most commonly reported types of work-related illness in the Self-reported Work-related Illness (SWI) questionnaire module included annually in the national Labour Force Survey (LFS).

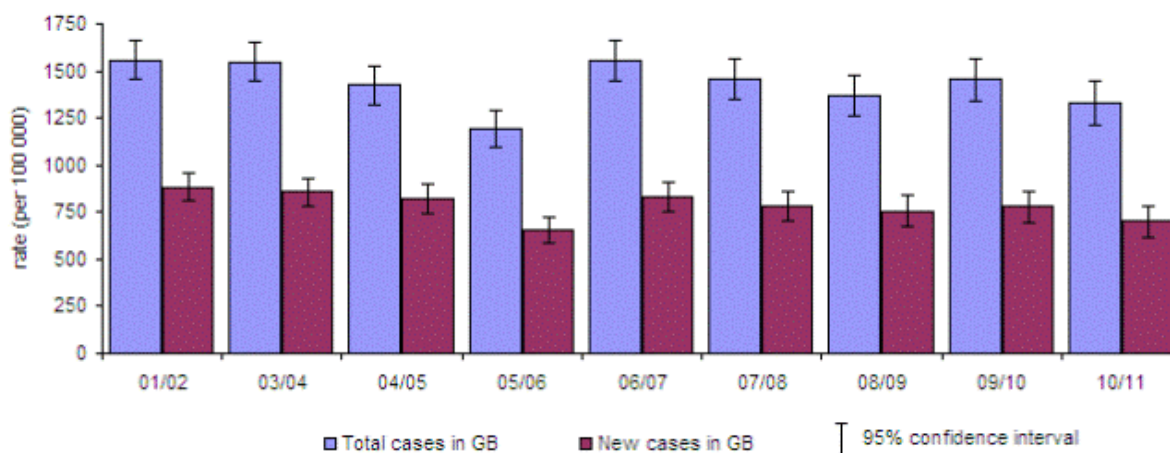
In terms of the total number of cases (prevalence) the estimated total number of cases in 2010/11 is significantly lower than the total case number in 2001/02.

The HSE introduced the Management Standards Approach Model to reducing stress in the workplace in 2005 and it is considered that take up by employers in GB will lead to reduction in total number of cases of work related stress over time.

Results from the Labour Force Survey (LFS) estimate that,

- The total number of cases of stress in 2010/11 was 400 000 out of a total of 1 152 000 for all work-related illnesses.
- The number of new cases of work-related stress has reduced to 211 000 from 233 000 in 2009/10 (change not statistically significant).
- The industries that reported the highest rates of total work-related stress in the last three years were health and social work, education and public administration.
- The occupations that reported the highest rates of total cases of work-related stress in the last three years were health and social service managers, teaching professionals and social welfare associate professionals.

Figure 1 Total number of cases (prevalence) and new cases (incidence) of work-related stress in GB 2001/02-2010/11



Industry and Occupation

The industries with the highest estimated rate of total cases (prevalence) of work-related stress in GB averaged over the last three years (2007/08 - 2010/11) were as follows

- Human health and social work activities 2050 cases per 100 000 people working in the last 12 months, education with 1670 cases per 100 000 people and public administration with 1810 cases per 100 000 cases.
- These industries have significantly higher estimated rates of total cases of work-related stress than across all industries in the period 2007/08 - 2010/11.
- When comparing the estimated prevalence rate of work related stress in these three industry areas with the period 2005/06 - 2007/08 there has been no significant change.

The occupations with the highest estimated rate of total cases of work-related stress in GB averaged over the last three years (2007/08 - 2010/11) were as follows

- Health and social services managers with 3590 cases per 100 000 people working in the last 12 months, social welfare associate professionals with 2550 per 100 000 and teaching professionals with 2350 cases per 100 000 people.
- These occupations have significantly higher estimated rates of total cases of work-related stress than across all occupations in the period 2007/08 - 2010/11.
- When comparing the estimated prevalence rate of work related stress in these occupations with the period 2005/06 - 2007/08 there has been no significant change.

For further information relating to stress by industry and occupation see

www.hse.gov.uk/statistics/lfs/strind2_3yr.xls

www.hse.gov.uk/statistics/lfs/strocc2_3yr.xls

www.hse.gov.uk/statistics/lfs/strind4_3yr.xls

www.hse.gov.uk/statistics/lfs/strocc4_3yr.xls

Age and Sex distribution

In 2010/11 an estimated 86 000 males and 125 000 females were identified as new cases (incidence) of work-related stress from the Labour Force Survey.

- Females have a statistically significantly higher estimated number of new cases than males in 2010/11
- For males the 55+ age group has a statistically significantly lower incidence rate than for males as a whole.
- The age group with the highest rate of new cases for females is the 45-54 and this is statistically significantly higher than for females as a whole.

In terms of working days lost due to work-related stress for people working in the last 12 months, in 2010/11:

- Male workers took an estimated 4.9 million days people off work.
- Female workers took an estimated 5.9 million days off work.

- The average days lost per worker for females aged 45-54 is statistically significantly higher than the rate for females as a whole.

For further information relating to stress by age and gender please see

www.hse.gov.uk/statistics/lfs/strage2w12.xls

www.hse.gov.uk/statistics/lfs/strage3.xls

Size of Workplace

Small workplaces (<50 employees) had an estimated total rate of 910 cases per 100 000 people, with medium workplaces (50-249 employees) estimated at 1260 cases per 100 000 people and large workplaces (250+ employees) an estimated 1710 cases per 100 000 in 2010/11.

Large workplaces had a statistically significantly higher estimated rate of total cases than small or medium workplaces in 2010/11.

Employees in large workplaces lost on average 0.57 days per worker due to work related stress with medium workplaces losing 0.54 days per worker and small workplaces losing an average of 0.3 days per worker.

Large and medium workplaces were estimated to have significantly higher days lost per worker than small workplaces in 2010/11.

For further information relating to stress by size of workplace see

www.hse.gov.uk/statistics/lfs/strsize2.xls

www.hse.gov.uk/statistics/lfs/strsize6.xls

Working days lost

Work-related stress caused workers in Great Britain to lose 10.8 million working days in 2010/11. This represents a drop in working days lost since 2001/01 from 12.9 million days.

On average each person suffering from this condition took 27 days off work.

Figure 1 number of working days lost by worker

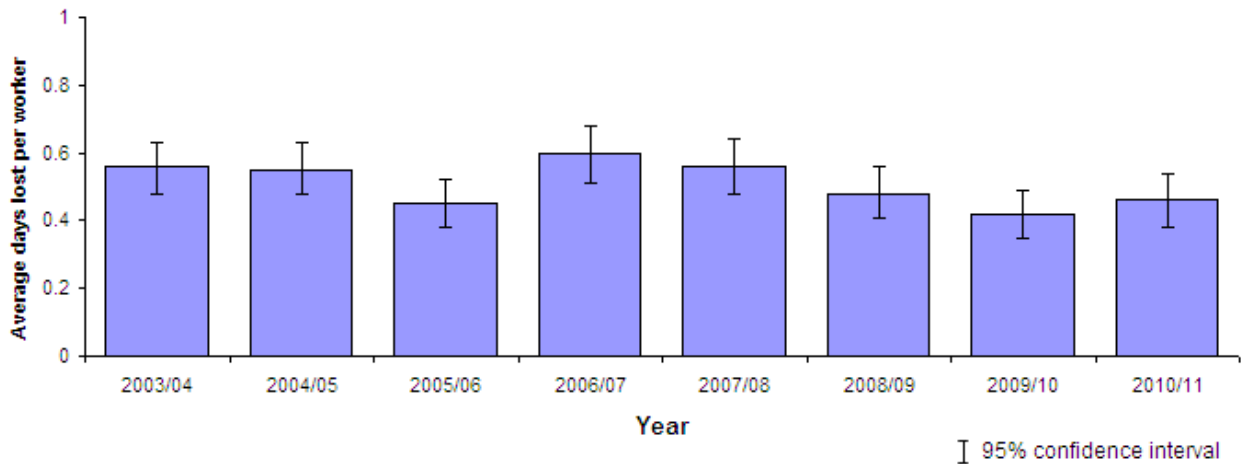
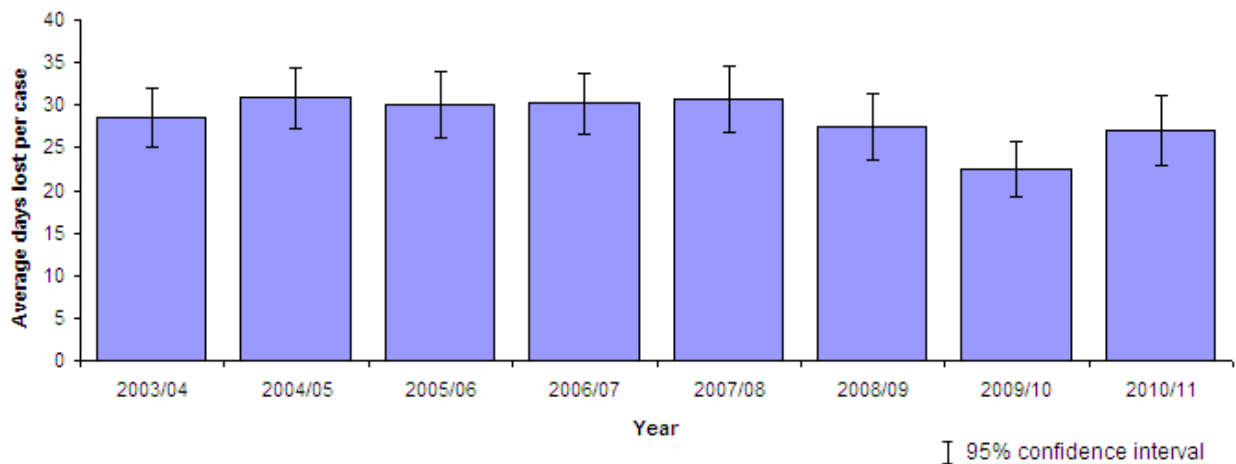


Figure 2 Number of working days lost by case



For further information relating to stress by size of workplace see

www.hse.gov.uk/statistics/lfs/swit1.xls

Country and Region

The total estimated number of cases of work-related stress reported by constituent country for Great Britain (England, Wales and Scotland), are 352 000 cases in England, 16 000 cases in Wales and 32 000 cases in Scotland in 2010/11. The rates of work related stress by country are of a similar order.

The rate of total cases for work related stress has been broadly similar across the regions of Great Britain in 2010/11.

For further information relating to stress by country and region see

www.hse.gov.uk/statistics/lfs/strgor1w12.xls

www.hse.gov.uk/statistics/lfs/strgor2w12.xls

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