

Stress, Illness and the Workplace (Marmot et al, 1997)



This activity will help you to:

- Describe APFCC for Marmot et al (1997)
- Distinguish between essential detail and elaboration

Read the basic information about Marmot et al's study, then using your text or other source, answer the questions to supply elaboration.

Marmot et al's (1997) study of stress, work control and CHD in civil servants

	Essential Information	Additional Detail
Aims	Marmot et al examined the relationship between control in the workplace and risk of developing CHD.	What relationship were they expecting and why?
Procedures	They measured job control and coronary symptoms in 7372 civil servants in a longitudinal study lasting 5 years.	How did they operationalise job control?
Findings	They found a positive negative association between control and illness. PPs with the least control had a 1.5 to 2.2x inflated risk of CHD symptoms, compared with those with the highest control.	What other sorts of illness were the 'low control' workers more likely to get?
Conclusions	They concluded that a lack of control over work content and rate led to increased stress, which led to higher risk of illness.	How could employers use these research findings?
Criticisms	This is correlational evidence (expand).	The sample were all civil service employees (expand).