

BSc (Hons) Health and Social Care

Module: Introduction to Independent Research Skills (BMHP5019)

Assessment title: Assessment 1 - Research Proposal

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Research Proposal

Topic: ROLE OF WORK-LIFE IMBALANCE IN SLEEP DISORDER AND ANXIETY - A STUDY ON UK ADULTS OF MID THIRTY

1) Review question:

What does existing research indicate about the relationship between work–life imbalance, sleep disorders and anxiety among UK adults aged approximately 35–39 years?

2) Objectives:

- To find research publications on work-life imbalance and sleep issues in mid-thirties adults living in the UK.
- To explore the suggested links between work-life imbalance, symptoms of anxiety and sleep problems.
- To explore individually, occupationally and socially relevant influences on these associations and to focus on the implications for health and social care practice.

3) Rationale:

Work–life imbalance is when work requirements create a challenge to personal life, recovery time and family responsibilities. It might also have implications for occupational health and mental health services in relation to psychological distress and sleep disruption. Work-related stress, depression or anxiety affects 9,64,000 people in Great Britain who are formally employed across the country (Health and Safety Executive, 2025), with workplace mental health issues presenting significant challenges. These numbers do not determine the conditions as the cause of work–life imbalance.

Studies warrant additional research. In European studies, there were mixed results of causal relationships to health and non-causal associations between work–family conflict (WFC) and health (Borgmann *et al.*, 2019). Liu *et al.*, (2026) conducted a review on the effect of psychosocial work features, sleep quality, and longitudinal and intervention studies. Recently, Peng *et al.*, (2026) found that there was a positive relationship between WFC and sleep problems in 33 articles ($r = 0.188$). However, the results from abroad cannot be extrapolated to adults in the UK aged 35-39. An analytical summary of the current evidence can then be provided by a scoping review

providing a range of competing and otherwise unsubstantiated evidence, and definitions of any gaps.

4) Methods:

Work–life imbalance is when work requirements create a challenge to personal life, recovery time and family responsibilities. It might also have implications for occupational health and mental health services in relation to psychological distress and sleep disruption. Work-related stress, depression or anxiety affects 9,64,000 people in Great Britain who are formally employed across the country (Health and Safety Executive, 2025), with workplace mental health issues presenting significant challenges. These numbers do not determine the conditions as the cause of work–life imbalance.

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5) Ethical considerations:

The nature of the study does not require any new data from participants, so there's no need to obtain consent. Use of appropriate Harvard referencing, selection criteria, clear representation of results and recognition of limitations will be adhered to for academic integrity. Personal and identifiable data will not be collected. Research ethics procedures will be respected in institutions.

Reference List

Borgmann, L.S., Rattay, P. and Lampert, T., (2019). Health-related consequences of work-family conflict from a European perspective: results of a scoping review. *Frontiers in public health*, 7, p.189.

Cheong, H.I., Lyons, A., Houghton, R. and Majumdar, A., (2023). Secondary qualitative research methodology using online data within the context of social sciences. *International Journal of Qualitative Methods*, 22, p.16094069231180160.

Hse, (2025), *Health and safety statistics*. [Online] Available at: <https://www.hse.gov.uk/statistics> [Accessed on: 13th October 2026]

Liu, D., Ni, Y., Ma, T.S., Fan, X., Zhan, Y., Lam, I.H., Lui, M.C., Chandola, T., Kawachi, I., Cuijpers, P. and Ni, M.Y., (2026). Work-family conflict and mental health: A systematic review and meta-analysis. *PLoS medicine*, 23(7), p.e1005162.

Peng, X., Chen, Z., Li, Y., Yuan, S. and Chen, J., (2026). The relationship between work–family conflict and health behaviors: a systematic review and meta-analysis. *Behavioral Sciences*, 16(3), p.386.

References