

Abstract **An academic poster demonstrating examples of the role of research in applied psychology**

The aim of this poster is to determine stress levels and well being within the workplace. I am going to use two different papers to write my introduction, method, ethical issues and study outcomes. There for there is not strong evidence out there to show that stress related illnesses come from the workplace because the studies that have been conducted have not easily been explained by other factors to non relation to stress or wellbeing. Over the years growth and structure at a place of work may have changed dramatically with technology, information, contracts and scheduling that might have had an effect on employees wellbeing.

Introduction

Occupational health psychology is an area of psychology that focuses on the health, safety and well being of individuals within the workplace. Occupational health psychology has concerns about the relationship between the psychosocial workplace factors to the development and maintenance of their workers well being. A study conducted by Friedman, Rosenman and Carroll (1958) revealed that accountants serum cholesterol levels rose as the tax deadline approached and turned to normal when the busy period ended. Another study conducted shows that job security impacted negatively on workers well being (Bureau of Labor Statistics, 1995).

Shauna speakman

Method

Study 1 had 403 women complete a study conducted a questionnaire with job related questions including psychological stresses at work including social support they were provided with and what kind of menstrual cycle they had. This study conducted byL, Fenster, et al (1999) showed that stressful jobs that had high demands in combination with having low control suffered with more stress from work and also had a much shorter menstrual cycle that women who had a less stressful job.

Study two conducted by R, Cousins et al (2004) used a 3 phase stress preventative process discovered from the health and safety executive. The development of supportive indicator tool, a two phase questionnaire to assess employees working conditions and a series of states to be achieved for demands, control, support and organisational charge. This showed that the NHS trust hospital then put in place a established employee wellbeing programme. Metropolitan council has reduced its stress related sickness absence by a third over 1300 days in the first year of being in the HSE approach. The scientific company used the indicator tool to identify any ~~causes of stress in their organisation to put in a~~ prevention to reduce.

Ethical issues are extremely important within an occupational health perspective because it ensures everyone is fit and healthy for work. For example if an individual undertook manual handling and it went wrong the legal process can have a big impact in the person's psychological state and can ruin their career. Study two has professionally thought of ethical issues because it has shown that their strategies are working and has been applied within big organisations in the workplace. An implication of study two is that it only as case studies in big organisations not individual companies. Ethical issue of using questionnaires in studies, depending on how the question is asked the person can answer dishonestly or what they think is correct.



Case studies – managing work-related stress. (n.d.). Retrieved March 11, 2018, from <http://www.hse.gov.uk/stress/casestudies/experience.htm>

(n.d.). Retrieved March 05, 2018, from https://www.google.co.uk/search?rlz=1CAHPZT_enGB765GB765&ei=yFCdWsDbK6jFgAa9iK34BA&q=occupational%2Bhealth%2Bpsychology%2Bdefinition&oq=occupational%2Bhealth%2Bpsychology%2Bde&gs_l=psy-ab..1.0.0j0i22i30k115.43027.44785.0.46039.8.8.0.0.0.199.1003.4j4.8.0....0...1c.1.64.psy-ab..0.8.1000....35i39k1j0i20i263k1.0.Gt-alFBzZa4

(n.d.). Retrieved March 05, 2018, from https://www.google.co.uk/search?q=stress%2Bat%2Bworkplace&rlz=1CAHPZT_enGB765GB765&tbm=isch&source=lnms&sa=X&ved=0ahUKewiRuLP6u9XZAhUCDMAKHTmJCikO_AUICigB&biw=1366&bih=654&dpr=1#imgre=B9-lJwRJJOLIM:

Perrewé, P. L., & Ganster, D. C. (n.d.). Overview. *Exploring the Work and Non-Work Interface Research in Occupational Stress and Well-being*, Vii-Viii. doi:10.1016/s1479-3555(06)06008-2

Re: "psychological Stress In The Workplace And Menstrual Function". (1999). *American Journal of Epidemiology*, 149(7), 685-685. doi:10.1093/oxfordjournals.aje.a009875

*, R. C., Mackay, C. J., Clarke, S. D., Kelly, C., Kelly, P. J., & Mccaig, R. H. (2004). 'Management Standards' work-related stress in the UK: practical development. *Work & Stress*, 18(2), 113-136. doi:10.1080/02678370410001734322

Sparks, K., Faragher, B., & Cooper, C. L. (2001). Well-being and occupational health in the 21st century workplace. *Journal of Occupational and Organizational Psychology*, 74(4), 489-509. doi:10.1348/096317901167497

Specific technological assumptions affecting the Bureau of Labor Statistics 1995 employment projections: report to the Honorable Berkley Bedell, United States House of Representatives. (1985). Washington, D.C.: The Office.

Haines, T. (1989, November). Retrieved March 12, 2018, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2280306/?page=1>