

[21582001]



Even the courts are beginning to recognize the link between jobs and stress-related disorders in compensation cases , according to a survey by the National Council on Compensation Insurance .

But although 56 % of the respondents in the study indicated that mental-health problems were fairly pervasive in the workplace , there is still a social stigma associated with people seeking help .

The disorders , which 20 years ago struck middle-age and older people , " now strike people at the height of productivity , " says Robert M.A. Hirschfeld , of the National Institute of Mental Health , who spoke at the presentation of the study 's findings .

The poll also noted fear of a takeover as a stress-producing event in larger companies .

More than eight in 10 respondents reported such a stress-provoking situation in their company .

Mid-sized companies were most affected by talk of layoffs or plant closings .

The study , which received funding from Upjohn Co. , which makes several drugs to treat stress-related illnesses , also found 47 % of the managers said stress , anxiety and depression contribute to decreased production .

Alcohol and substance abuse as a result of stress-related problems was cited by 30 % of those polled .

Although Dr. Warsaw points out that stress and anxiety have their positive uses , " stress perceived to be threatening implies a component of fear and anxiety that may contribute to burnout . "

He also noted that various work environments , such as night work , have their own " stressors . "

" We all like stress , but there 's a limit . " says Paul D'Arcy , of Rohrer , Hibler & Replogle , a corporate psychology and management consulting firm .

[21582025]

