

STRESS IN THE WORKPLACE

Critical Research Review and Comparison Interview

Occupational Health

Within organisations, [Employee Assistant Programs](#) are used to help individuals suffering from stress (Sanders, 263). It is the [Occupational Health](#) department that sends employees to these programs.

Additionally, they also deal with sickness, absence and other related issues. Just how effective they are though often comes into question, and is the subject of research. Dellve, Skagert and Eklof (956) say that in most industrialised countries, an Occupational Health department (or some equivalent) is required in an organisation. Their research findings suggest that a well organised and structured department will result in high attendance, but also leads to a higher occurrence or occupational disorders (such as suffering from stress), a clear mix of positive and negative. Torp and Moen's (775) study supports the positive aspects, which found that improvements to the Occupational health will result in increased employee health and health support (such as help in dealing with stress), as well as better overall health and safety practise.



It's Occupational Health's job to help you out

It is important to know why the measures taken to prevent and reduce stress in the workplace haven't been extremely successful. This is because stress affects such a majority of the work population, some where the level of severity can lead to [heart attacks](#) and [strokes](#). Understanding the problem of how to prevent stress will aid future endeavours to prevent or at least, reduce its prevalence. To this end, an interview was carried out on a member of an occupational health department. The transcript was examined using thematic analysis, to identify themes present in the data and spot any other points of interest related to the outlined research.

<- [Who in the Workplace Suffers?](#)