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Descrizione fisica	1 online resource (184 p.)
Altri autori (Persone)	CooperCary L
Disciplina	158.72 616.9/8
Soggetti	Industrial hygiene Job stress Occupational Health Socioeconomic Factors Stress, Psychological - physiopathology Stress, Psychological - prevention & control Workplace - psychology Health Population Characteristics Behavioral Symptoms Employment Behavioral Sciences Personnel Management Sociology Psychophysiology Stress, Psychological Psychology Workplace Behavior Social Sciences Behavioral Disciplines and Activities Health Care Organization and Administration Psychological Phenomena Behavior and Behavior Mechanisms Health Services Administration

Medicine
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Note generali	Description based upon print version of record.
Nota di contenuto	The Science of Occupational Health: Stress, Psychobiology and the New World of Work; Contents; Preface; Foreword; Acknowledgements; 1 Introduction: History of Work and Health; 2 The New Workplace in a Rapidly Changing World; 3 The New World of Work; 4 Work as a Source of Stimulation and Health or a Cause of Distress and Illness; 5 Responses to Stress; 6 Stress-related Health Problems; 7 Stress Hormones at Work; 8 Socioeconomic Status and Health; 9 Health Promotion; 10 Gender Differences; 11 Preventive Strategies; 12 The Future Workplace from a Stress-Health Perspective; References; Index
Sommario/riassunto	The Science of Occupational Health is an evidence-based resource for all members of the health care team working with those affected by work-based stress. The authors offer a unique psychobiological perspective, discussing the modern workplace as a cause of stimulation and well-being, as well as of distress and illness. They provide a rigorous but highly accessible scientific account of the effects that stress has on mind and body, with key chapters on 'Responses to Stress', 'Stress-Related Health Problems', and 'Stress Hormones at Work'.
