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Nota di contenuto	Contents; Dedication; Preface; Acknowledgements; List of Panels and Table; List of Figures; Chapter 1 Work as a Potential Source of Meaning versus of Stress: Implications for Mental Health; 1.1 The need for an integrative clinical approach; 1.1.1 Preventing and overcoming demoralization: a critical task; 1.2 Insights from cognitive neuroscience; 1.2.1 Work stressors vs. the stress response: a key distinction; 1.3 The aims and organization of this book; Part I - Background: Evidence, Mechanisms, Current Standard of Care and Methodology Chapter 2 The Work Environment's Impact on Mental Health: Epidemiologic Evidence 2.1 Sociological models to assess the association between the psychosocial work environment and health outcomes; 2.1.1 Job strain; 2.1.2 Effort reward imbalance; 2.2 The work environment and mental health outcomes; 2.2.1 Depression, burnout and related mental health disorders; 2.2.2 Suicide risk; 2.2.3 Anxiety disorders; 2.2.4 Occupations at risk for adverse mental health

outcomes; 2.2.4.1 Health professionals; 2.2.4.2 Teachers; 2.2.4.3 Professional drivers; 2.2.4.4 Certain creative professions
2.2.4.5 Other occupational groups in whom mental distress is reported
2.3 Neurological disorders, cognitive function, cerebrovascular disease and work-related exposures; 2.3.1 Headache; 2.3.2 Epilepsy; 2.3.3 Cognitive function and work hours; 2.3.4 Neuropsychiatric consequences of physical/chemical exposures; 2.3.5 Occupational groups at risk for cerebrovascular disease; 2.4 Unhealthy behaviors associated with work stressors; 2.4.1 Smoking; 2.4.2 Obesity; 2.4.3 Alcohol and drugs; 2.4.4 Combined lifestyle related risk profile; 2.4.5 Absenteeism and presenteeism
2.5 Other health outcomes related to the work environment
2.5.1 Coronary heart disease, hypertension, other cardiovascular disease; 2.5.1.1 Work stressors and cardiovascular disease (CVD); 2.5.1.2 Occupational groups at high risk of CHD and/or hypertension; 2.5.2 Peptic ulcer disease and diabetes mellitus; 2.5.3 Vulnerability to malignancy; 2.5.4 Musculoskeletal disorders; 2.6 Mental health consequences of job insecurity, precarious employment, unemployment and retirement; Chapter 3 Work Stress Mechanisms and Mental Health: A Focused Overview
3.1 Gender, work stressors and health: a richer conceptualization
3.2 Eneurologic mechanisms: mental burden of work processes; 3.2.1 A deeper understanding of psychological demands; 3.2.1.1 Mental chronometry: the time dimension of information processing; 3.2.1.2 Allocation of mental resources and P300 amplitude; 3.2.1.3 Work processes as reflected in electroencephalographic activity; 3.2.1.4 Attentional demands of knowledge-based versus skill-based work; 3.2.1.5 The concept of energy regulation and the job-strain model; 3.2.2 Emotional dimensions of work
3.2.2.1 Emotional burden versus emotional reward of work

Sommario/riassunto

The title of this book reflects the fundamental aim: to explore the relation between exposure to job stressors and mental health. This is done with the primary intention of developing a new clinical approach, one which takes a proactive stance, emphasizing the need for creating work conditions that are more in harmony with the needs of the human being. Pivotal to this endeavor is to provide an integrative and comprehensive methodology, for assessing work stressors and ameliorating them whenever possible. This methodology, the Occupational Stressor Index, the OSI, was developed by the authors,
