

1. Record Nr.	UNINA9910812341903321
Autore	Lundberg Ulf
Titolo	The science of occupational health : stress, psychobiology, and the new world of work // Ulf Lundberg and Cary L. Cooper
Pubbl/distr/stampa	Chichester, U.K., : Wiley-Blackwell, 2011
ISBN	1-282-88467-0 9786612884672 1-4443-9112-7 1-4443-9110-0
Descrizione fisica	1 online resource (184 p.)
Altri autori (Persone)	CooperCary L
Disciplina	616.9/8
Soggetti	Job stress Industrial hygiene
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction : history of work and health -- New workplaces in a rapidly changing world -- The new world of work -- Work as a source of stimulation and health or a cause of distress and illness -- Responses to stress -- Stress-related health problems -- Stress hormones at work -- Socioeconomic status (SES) and health -- Health promotion -- Gender differences -- Preventive strategies -- The future workplace from a stress-health perspective.
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'.