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Titolo	Work in the Balance : Influences on the Mental Health and Well-Being of Civil Servants / / by Vicky Cattell, Stephen Stansfeld
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Nota di contenuto	CHAPTER 1: INTRODUCTION -- CHAPTER 2: LOWER GRADES AND SOCIAL RELATIONS -- CHAPTER 3: MIDDLE GRADES: CO-OPERATION AND WORK-LIFE BALANCE -- CHAPTER 4: HIGHER GRADES: 'YOU HAVE TO BELIEVE IN THE VALUE OF WHAT YOU ARE DOING' -- CHAPTER 5: CONCLUSIONS: RICHER LIVES.
Sommario/riassunto	This book examines how workplace dynamics shape mental health and well-being, focusing on the social distribution and interpretation of stressors, mitigators, and resources across different civil service grades. It shows that the meanings attributed to these factors influence both their impact and effectiveness. Exploring the shifting role and value of work in the 21st century, the book draws on extensive research—including the Whitehall II Studies—to highlight the unequal distribution of work-related harms. In-depth interviews provide a sociological and holistic view of job satisfaction, revealing how

employees at different levels navigate challenges: lower grades emphasise social relationships, middle grades prioritise work-life balance, and higher grades focus on purpose and commitment. This book will be of interest to those looking for a nuanced account of the complex relationship between work and mental health. Dr Vicky Cattell is a sociologist and formerly Honorary Senior Lecturer at the Centre for Psychiatry and Mental Health, Queen Mary, University of London, UK. Her various publications include *Poverty, Community and Health: Cooperation and the Good Society* (Palgrave Macmillan, 2012). Stephen Stansfeld is Emeritus Professor of Psychiatry at the Centre for Psychiatry and Mental Health, Barts and the London School of Medicine and Dentistry, Queen Mary, University of London, UK.
