

Stress in America Chicago Report

Prepared For:

The American Psychological Association

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Public Affairs and Policy

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Methodology and Sample

The **Stress in America Survey** was conducted online within the United States by Harris Interactive on behalf of the American Psychological Association between June 23, 2008 and August 13, 2008 among 1,791 adults aged 18+ who reside in the U.S. and an oversample of 231 adults aged 18+ who reside in Chicago. The survey averaged 26 minutes in length.

Results were weighted as needed for age, sex, race/ethnicity, education, region and household income among the entire population and within the specific Metropolitan Statistical Area (MSAs) as designated by the US Office of Management and Budget. Propensity score weighting was also used to adjust for respondents' propensity to be online.

All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error which are most often not possible to quantify or estimate, including sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments. Therefore, Harris Interactive avoids the words "margin of error" as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for pure, unweighted, random samples with 100% response rates. These are only theoretical because no published polls come close to this ideal.

Respondents for this survey were selected from among those who have agreed to participate in Harris Interactive surveys. The data have been weighted to reflect the composition of US population aged 18+. Because the sample is based on those who agreed to be invited to participate in the Harris Interactive online research panel, no estimates of theoretical sampling error can be calculated.

Notes on Reading this Report

This report focuses only on the views of residents within the Chicago MSA and the general population.

“Metropolitan Statistical Areas” (MSAs) are a formal definition of metropolitan areas produced by the U.S. Office of Management and Budget (OMB). These geographic areas are delineated on the basis of central urbanized areas –contiguous counties of relatively high population density. Counties containing the core urbanized area are known as the central counties of the MSA. Additional surrounding counties (known as outlying counties) can be included in the MSA if these counties have strong social and economic ties to the central counties as measured by commuting and employment. Note that some areas within these outlying counties may actually be rural in nature.

Key Survey Findings

Chicago residents' overall stress levels, causes and management techniques mirror those of the rest of the nation. However, Chicago residents differ from the rest of America in the following way: they are more likely to drink alcohol as a way to manage stress. With regards to work stressors, Chicago residents are more likely to mention low salaries, work interfering with their personal or family time, and lack of job security as stressors at work.

Despite these work-related stresses, Chicago residents are significantly more likely than the rest of the nation to be satisfied with their jobs, yet about as likely to seek employment elsewhere in the next year.

- Chicago residents are just as likely as Americans overall to rate their average monthly stress in the extreme range (28% rate their stress an 8, 9, or 10 on a 10-point scale vs. 30% nationally).

- But, they are generally less likely than Americans overall to report individual factors as significant sources of stress.

    - Specifically, Chicago residents are *less* likely than Americans nationwide to view relationships (52% vs. 59% nationally), their personal health problems (43% vs. 54% nationally), their family's health problems (44% vs. 56% nationally) and family responsibilities (51% vs. 58% nationally) as significant sources of stress.

- Chicago residents use many of the same stress management techniques as Americans nationwide. However, Chicago residents are significantly more likely to drink alcohol as a way to manage stress (36% vs. 18% nationally).

- Similar to Americans overall, approximately two-thirds of Chicago residents (66% vs. 68% nationally) report that work is a significant source of stress.

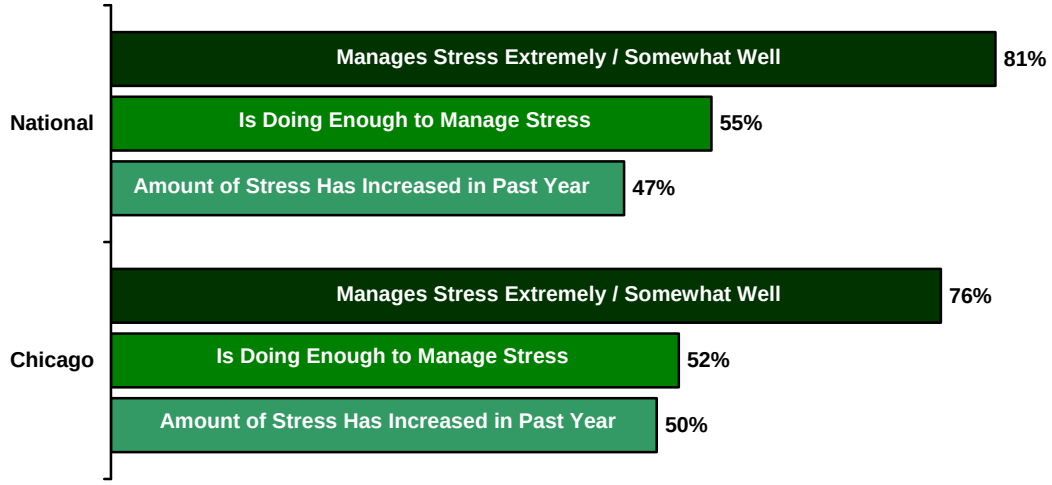
    - Many cite low salaries (57% vs. 49% workers nationally), work interfering with personal or family time (42% vs. 35% workers nationally), and job security (44% vs. 34% workers nationally) as significant sources of stress at work.

- Despite work being a significant source of stress, employed Chicago residents are more likely than employed Americans overall to report being satisfied with their jobs (74% vs. 61%). However, they are no more willing to recommend their workplace as a good place to work than employed Americans overall (46% vs. 44% workers nationally). In fact, four in ten Chicago workers (39%) intend to seek employment outside of their current workplace in the next year compared to 32% of employed Americans nationwide.

Perception of Personal Stress

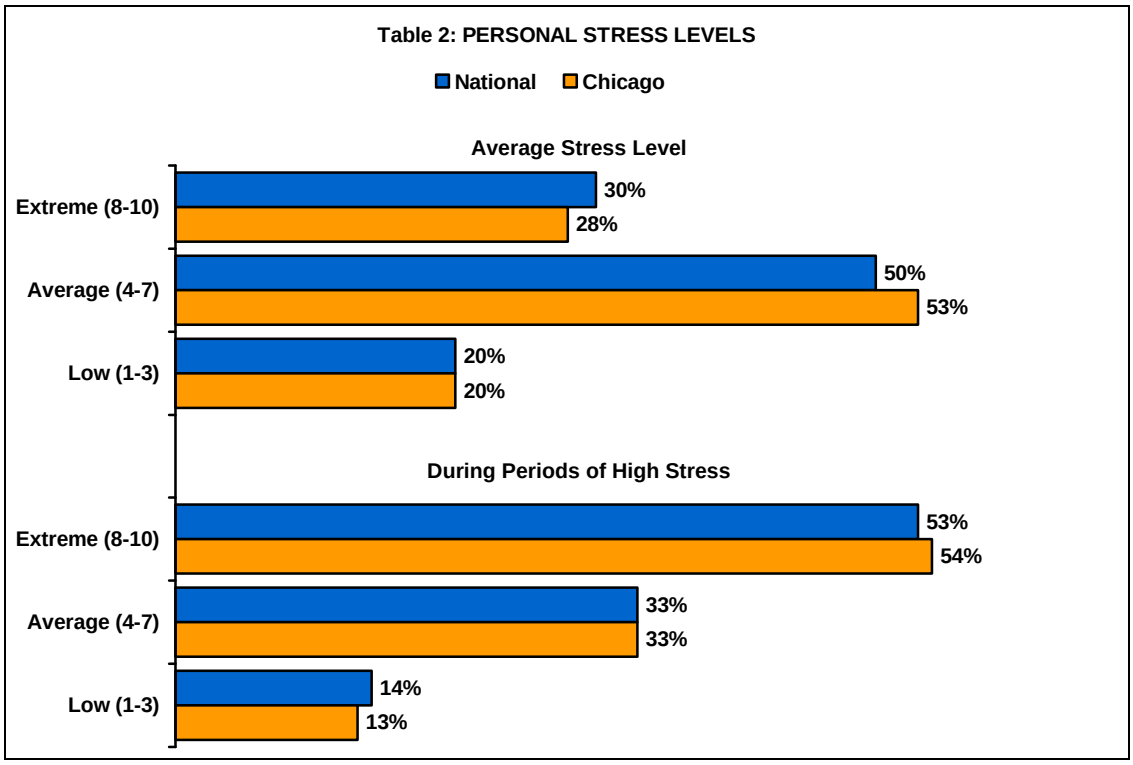
- Three-quarters of Chicago residents feel that they are managing their stress extremely or somewhat well; this is fewer than Americans nationwide (76% and 81% respectively). *(Q601)*
- However, similar proportions of Chicago residents and Americans feel they are doing enough to manage their stress (52% and 55% respectively). *(Q1615)*

Table 1: PERCEPTIONS OF PERSONAL STRESS



Q601: During the past month, how well do you think you managed your stress?
Q1615: Do you feel you are doing enough to manage your stress?
Q623: And now thinking about the past year, would you ay the level of stress in your life has increased, decreased, or has it stayed about the same?

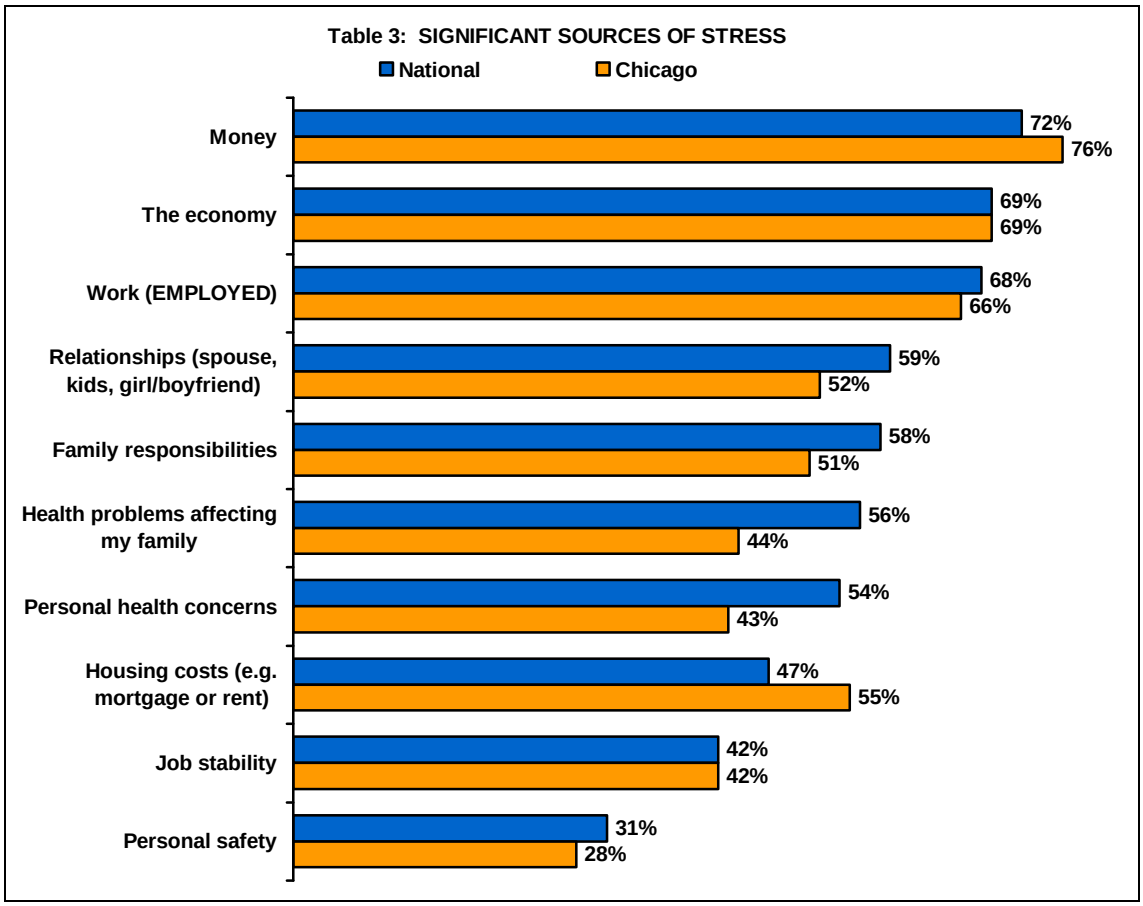
- Chicago residents are as likely as Americans overall to rate their average monthly stress in the extreme range (28% rate their stress an 8, 9, or 10 on a 10-point scale vs. 30% nationally). *(Q605)*
- During reported periods of high stress - when their highest levels of stress are experienced, Chicago residents are also as likely as Americans overall to rate their stress 8, 9 or 10 (54% vs. 53% nationally). *(Q635)*



Q605: On a scale of 1 to 10 where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?
Q635: During times when you experienced your highest level of stress in the past month, how would you rate your stress where 1 means you had little or no stress and 10 means you had a great deal of stress?

For all listed sources of stress, other than money (76% vs. 72% nationally) and housing costs (55% vs. 47% nationally), fewer Chicago residents cite them as significant sources of stress. *(Q625)*

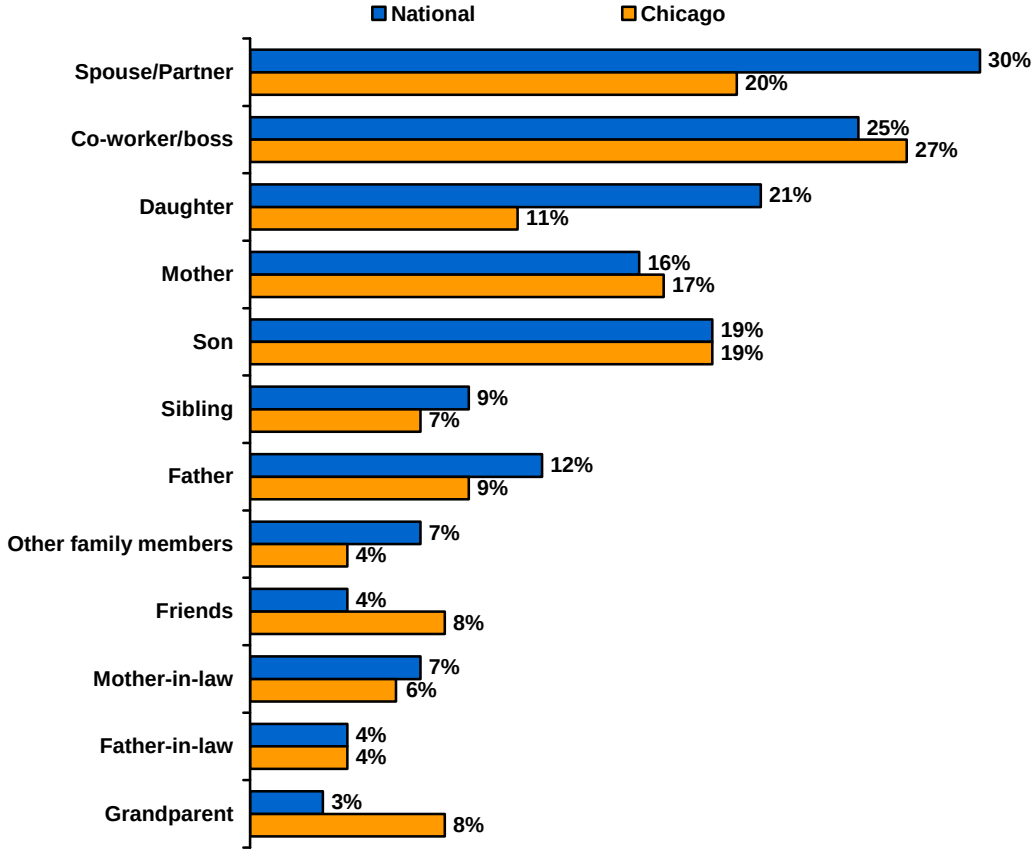
- Specifically, Chicago residents are *less likely* than Americans nationwide to view relationships (52% vs. 59% nationally), their personal health problems (43% vs. 54% nationally), health problems affecting their family (44% vs. 56% nationally) and family responsibilities (51% vs. 58% nationally) as significant sources of stress. *(Q625)*



Q625: Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

- While adults overall most commonly mention their spouse or partner (30%) as a source of daily or weekly stress, Chicago residents most commonly mention their co-workers or boss (27%). *(Q1700)*
- Surprisingly, however, daughters are less likely to be a source of daily or weekly stress for Chicago residents compared to Americans nationwide (11% vs. 21% nationally). *(Q1700)*

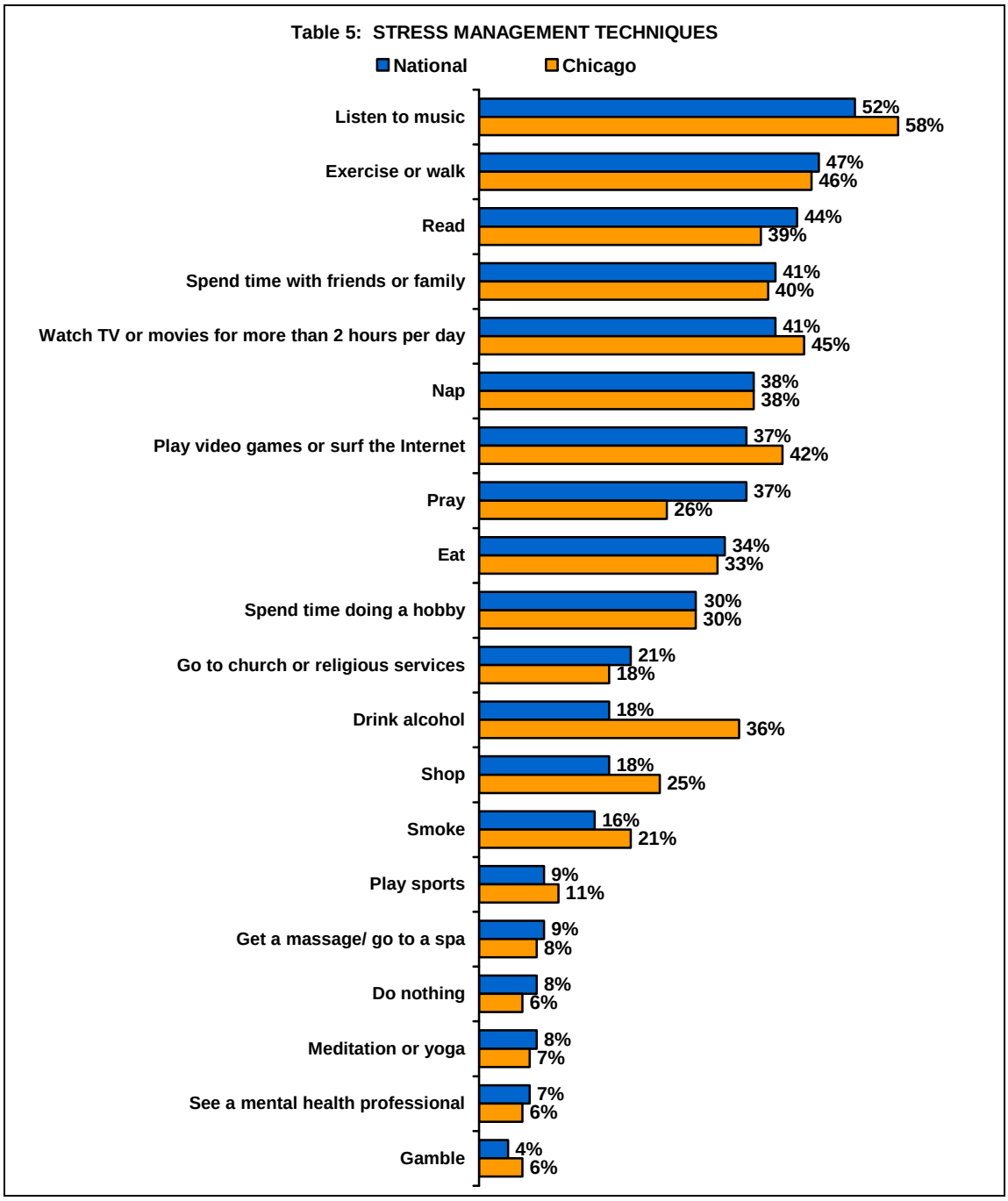
Table 4: INDIVIDUALS WHO CAUSE STRESS DAILY OR WEEKLY



Q1700: How often do you feel the following people are a source of stress for you?

Managing Stress

- Generally speaking, when it comes to managing their stress, Chicago residents use many of the same activities as Americans overall to relieve stress. *(Q965)*
    - However, Chicago residents are significantly more likely to drink alcohol to manage stress (36%) than the rest of the nation (18%). *(Q965)*



Q965: Do you do any of the following to help manage stress?

Stress in the Workplace

Workplace Environment

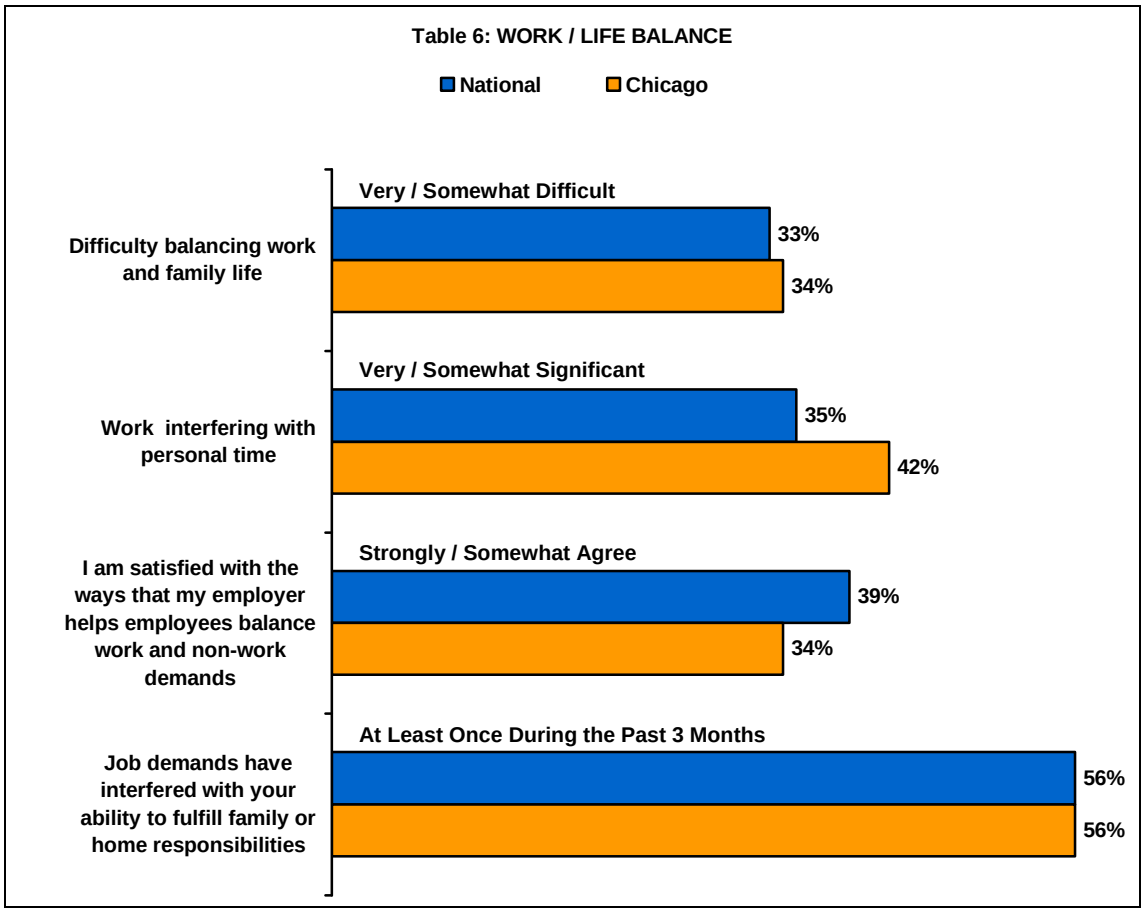
- As it relates to the workplace, employees in Chicago report similar experiences as Americans in general.
    - Chicago residents report an average daily stress level from work that is on par with employed Americans overall (4.7 vs. 4.8 nationally out of 10). *(Q1900)*
    - Similar proportions of employees in Chicago and across the country say that they feel tense or stressed at work (35% vs. 39% workers nationally). *(Q905)*
    - And, slightly fewer Chicago employees agree that they have the resources available to manage their stress than employed Americans nationwide (52% vs. 56% workers nationally). *(Q905)*
- Chicago workers are more likely than employed Americans overall to cite low salaries (57% vs. 49% workers nationally), work interfering with personal or family time (42% vs. 35% workers nationally), and job security (44% vs. 34% workers nationally) as significant sources of stress at work. *(Q910)*
- However, Chicago residents are less likely to cite heavy work load (36% vs. 43% workers nationally) and physical illnesses and ailments (26% vs. 31% workers nationally) as significant sources of stress compared to employed Americans overall. *(Q910)*
- And while Chicago employees are significantly more likely than employed Americans overall to report being satisfied with their jobs (74% and 61%, respectively), employees in Chicago are no more willing to recommend their workplace as a good place to work than employed Americans overall (46% vs. 44% workers nationally). *(Q905 and Q1905)*
- Additionally, four in ten Chicago workers (39%) intend to seek employment outside of their current workplace in the next year compared to three in ten employed Americans nationwide (32%). *(Q1905)*

Managing Workplace Stress

- Nearly three in ten workers in Chicago (27% vs. 23% nationally) report missing at least one day of work in the past year due to stress. *(Q925)*
- Additionally, nearly seven in ten Chicago workers report lost productivity due to stress (68% vs. 60% workers nationally). *(Q945)*

Balancing Work and Family

- Like employees across the country, many employees in Chicago are struggling to balance work and family responsibilities.
    - Chicago workers are just as likely as employed Americans nationwide to say it's difficult for them to balance work and family (34% vs. 33% workers nationally). *(Q915)*
    - Chicago workers are actually more likely than employed Americans overall to say that work interfering with personal time is a significant source of stress (42% vs. 35% workers nationally). *(Q910)*
    - Just one-third of workers in Chicago (34%) feel satisfied with the ways their employer helps employees balance work and non-work demands (vs. 39% workers nationally). *(Q1905)*
    - Yet, Chicago employees are no more likely than employed Americans nationwide to say their job demands have interfered with their ability to fulfill family or home responsibilities (56% for both). *(Q920)*



Q915: Please indicate if you find it difficult or not to balance work and family life?
Q910: Below is a list of factors people say impact stress levels in their work. For each one, please indicate how significant the impact is on your stress level at work.
Q1905: Please indicate how strongly you agree or disagree with the following statements.
Q920: For each of the statements below, please indicate how often each of the following has happened to you during the past 3 months.