

Stress in America Dallas Report

Prepared for:

The American Psychological Association

Prepared By:

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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 1791 adults aged 18+ who reside in the U.S. and an oversample of 267 adults aged 18+ who reside in Dallas. 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 U.S. 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 Dallas 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.

Dallas residents' experience of stress is similar to that of Americans nationally, with regards to both stress levels and how it is managed. A large majority of both groups believe they are managing their stress well, and they relieve their stress in similar ways, most frequently saying listening to music.

As stress relates to their workplace experience, employed Dallas residents generally have a similar experience as employees nationwide. Dallas workers and employed Americans report mid-levels of workplace stress, which are due to many of the same factors.

Further, employees living in Dallas view balancing work and family obligations very similarly. Approximately one-third report difficulty balancing these two sets of responsibilities.

- Adults living in Dallas closely mirror adults nationally as it relates to their reports of and experiences with stress, including the level of stress they experience, what causes them stress and what they do that to manage stress.
  - Similar to Americans overall, most adults in Dallas say they manage their stress extremely or very well (81% and 85%, respectively), though slightly more Dallas residents say they manage their stress extremely well (34% vs. 29% nationally).
  - In Dallas, the most frequently mentioned stress management techniques are listening to music (55%) and spending time with family (47%), followed by exercising or walking and reading (both 41%). Nationally, the order is slightly different but the top mention remains the same: listening to music (52%), exercising or walking (47%), reading (44%) and spending time with family or friends (41%).

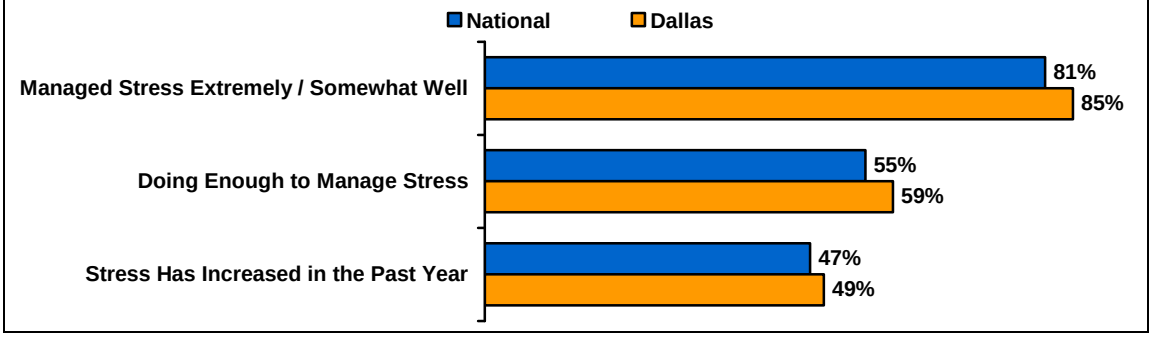
- Work is another area where there are more similarities than differences between employees in Dallas and employees nationwide.
  - The majority of employees in Dallas (70%) and across the country (61%) are satisfied with their jobs.
  - Also, similar proportions of both employees in Dallas and employees nationally cite various issues as being causes of stress in the workplace.

- Balancing work and family is as much of a challenge for employees in Dallas as it is for employees across the country.
  - Similar proportions report the difficulty of balancing these two distinct sets of responsibilities (33% nationally and 30% in Dallas), that work interfering with personal life is a significant source of stress (35% nationally and 37% in Dallas) and that, in fact, work has interfered with their personal life in the past three months (56% nationally and 57% in Dallas).

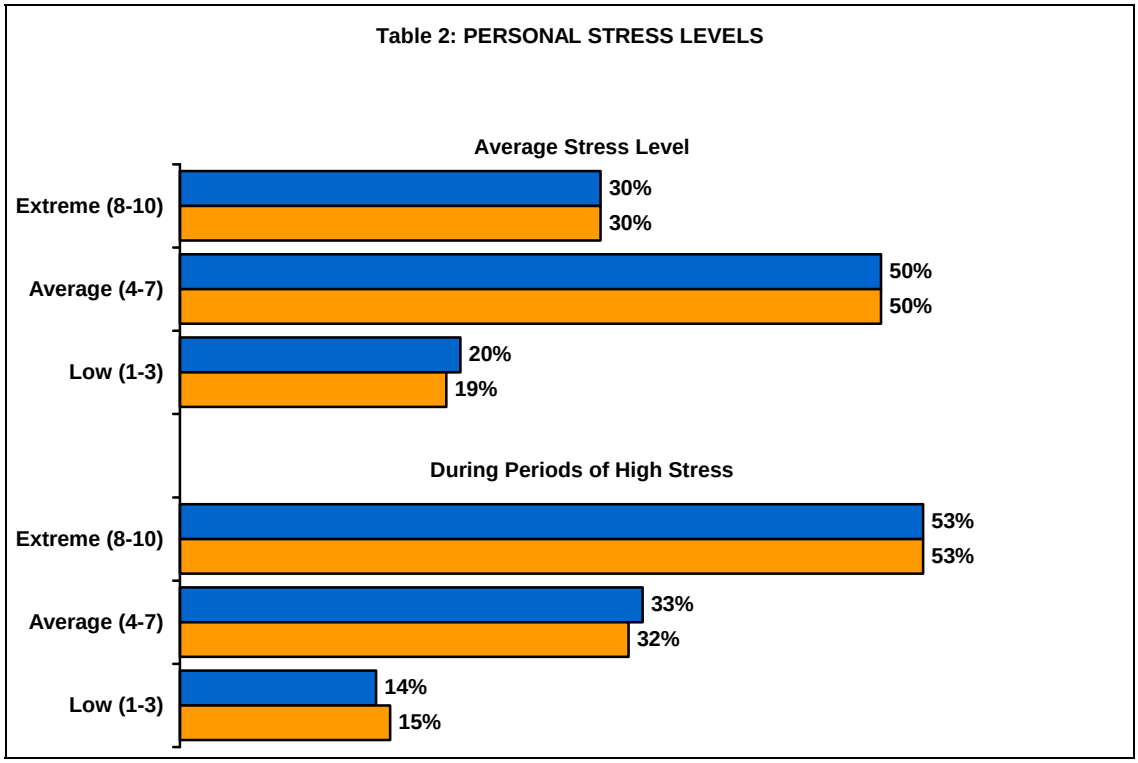
Perception of Personal Stress

- More Dallas residents than Americans overall feel that they have managed their stress well in the past month (85% vs. 81% nationally). In fact, one-third of those in Dallas say they manage their stress *extremely well* (34% as compared to 29% nationally). *(Q601)*
- Additionally, slightly more Dallas residents than Americans overall feel they are doing enough to manage their stress (59% vs. 55% nationally). *(Q1615)*
- Residents of Dallas are on par with Americans overall in saying that their stress levels have increased in the past year (49% vs. 47% nationally). *(Q623)*

Table 1: PERCEPTIONS OF PERSONAL STRESS

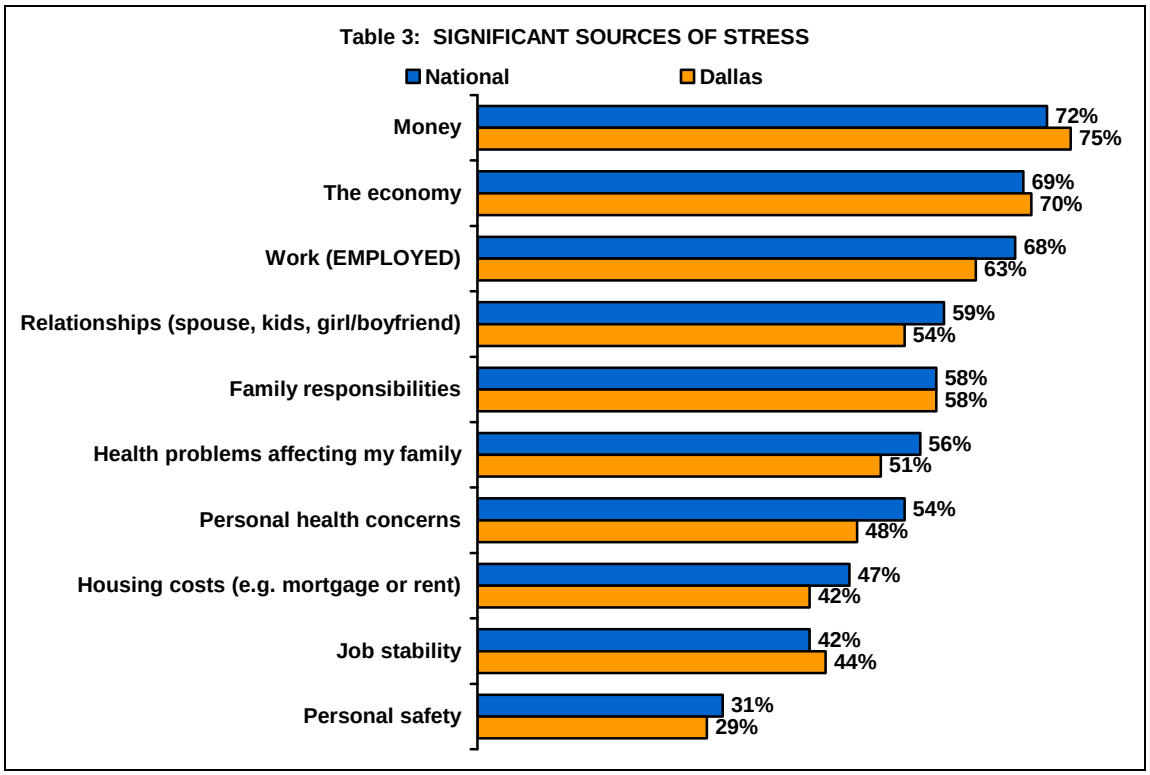


- Dallas residents' reports of their stress, during average times as well as during periods of high stress, are nearly exactly the same as that reported by adults across the country. *(Q605, Q635)*



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?

- When asked about significant sources of stress, Dallas residents responded very similarly to Americans overall. Those in Dallas say that money (75% vs. 72% nationally), the economy (70% vs. 69% nationally) and job stability (44% vs. 42% nationally) are significant sources of stress. *(Q625)*
- Compared to Americans overall, somewhat fewer Dallas residents mention health problems affecting them (48% vs. 54% nationally) or their family (51% vs. 56% nationally), relationships (54% vs. 59% nationally) and housing costs (42% vs. 47% nationally) as significant sources of stress. *(Q625)*

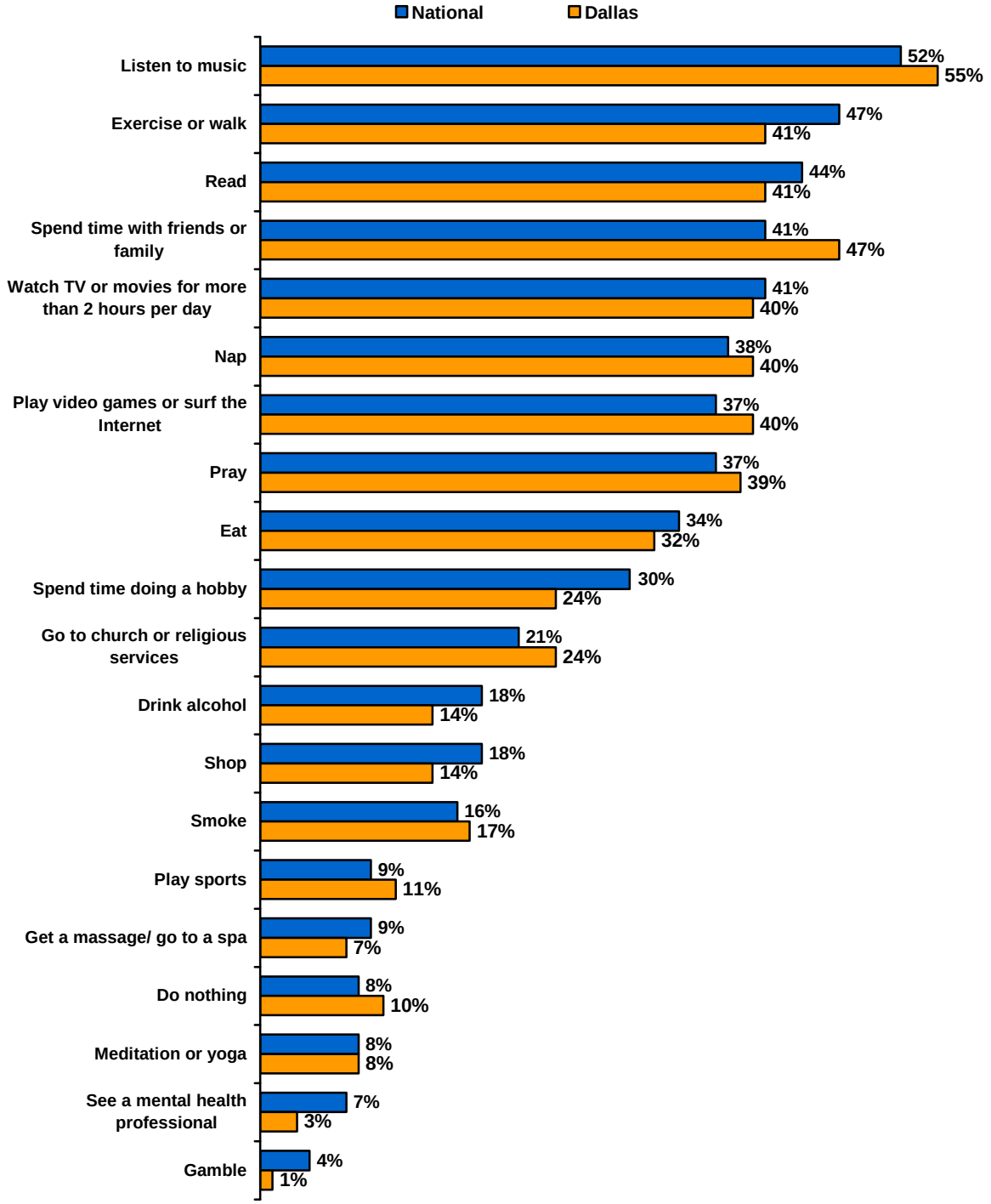


Q625: Below is a list of things people say cause stress in their lives. For each one, please indicate how significant a source of stress it is in your life.

Managing Stress

- When it comes to managing their stress, more people in Dallas report that they listen to music (52% vs. 55% nationally) and spend time with friends or family (47% vs. 41% nationally). *(Q970)*
- Walking/exercise (41% in Dallas vs. 47% nationally) and reading (41% in Dallas vs. 44% nationally) are commonly mentioned stress relievers by both Dallas residents and the American public. *(Q970)*

Table 4: STRESS MANAGEMENT TECHNIQUES

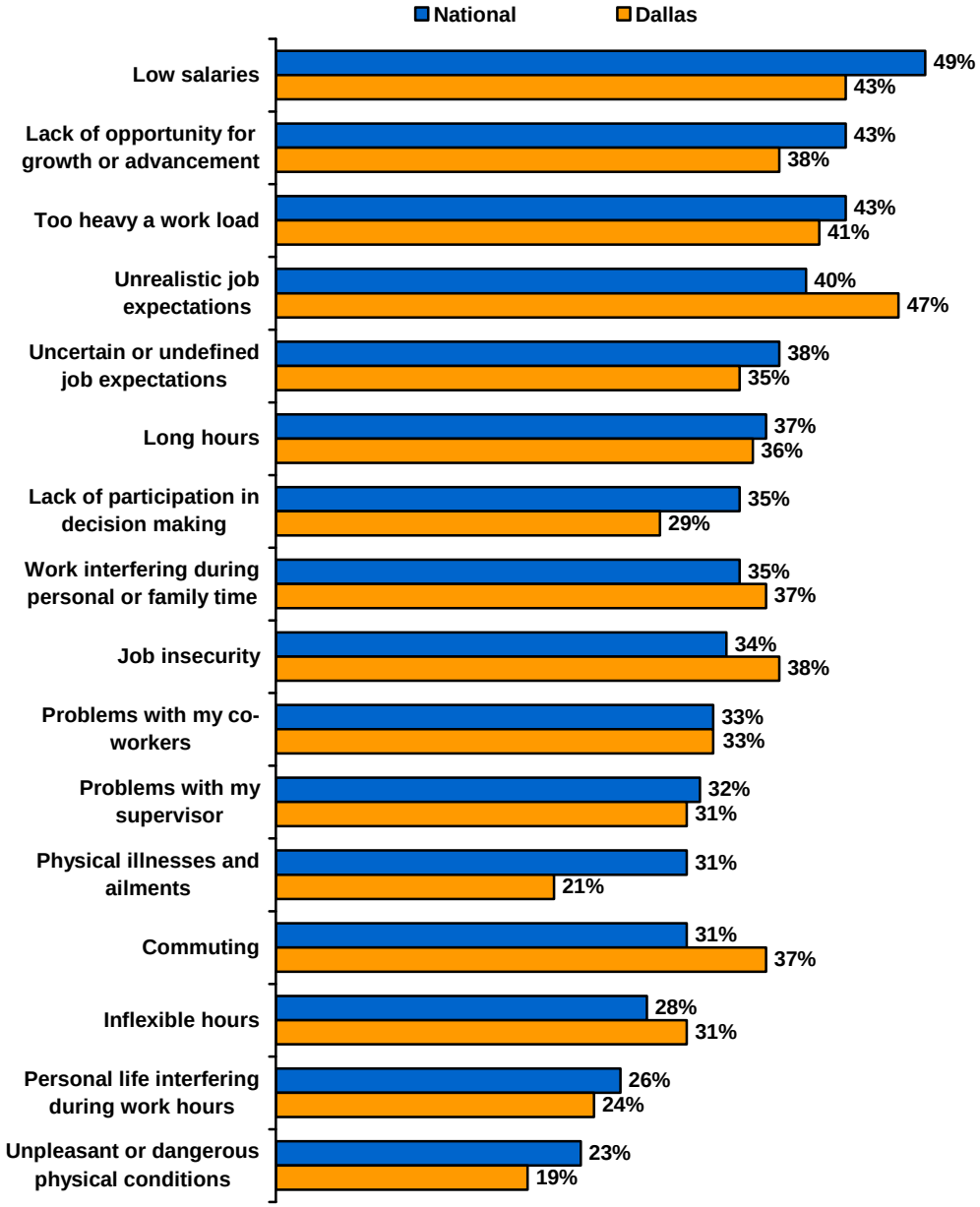


Stress in the Workplace

Workplace Environment

- Seven out of 10 workers in Dallas (70%) report being satisfied with their job, compared to six out of 10 nationally (61%). *(Q905)*
- Dallas workers report levels of workplace stress similar to employed Americans overall (4.7 out of 10 in Dallas, 4.8 workers nationally), but more workers in Dallas say that they have the resources available to manage their stress (62% vs. 56% workers nationally). *(Q1900, Q905)*
- When asked about significant sources of workplace stress, fewer workers in Dallas say that low salaries (43% vs. 49% workers nationally) and lack of opportunity (38% vs. 43% workers nationally) are significant sources of stress at work compared to employed Americans nationwide. *(Q910)*
    - On the other hand, more Dallas workers say that unrealistic job expectations are a significant source of stress at work (47% vs. 40% workers nationally). *(Q910)*

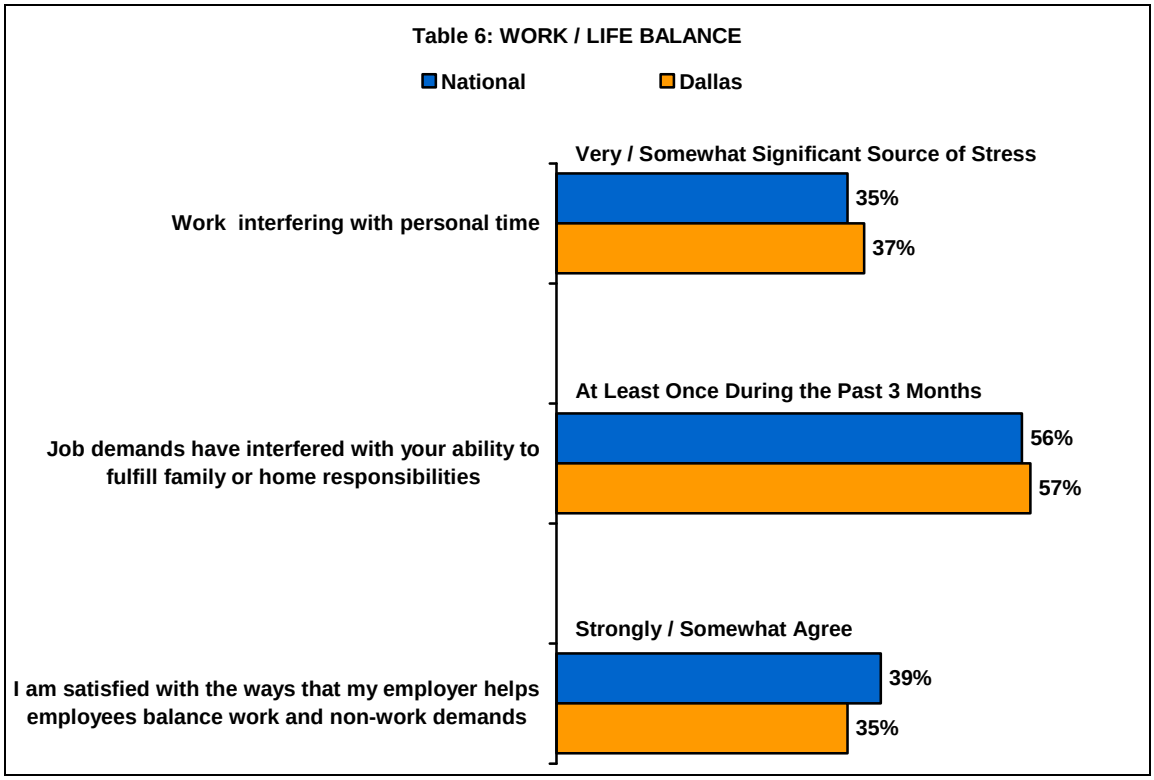
Table 5: VERY / SOMEWHAT SIGNIFICANT SOURCE OF WORKPLACE STRESS



Q910: Indicate how significant the impact is on your stress level at work.

Balancing Work and Family

- Employees living in Dallas view and experience balancing work and family obligations very similarly to employees nationally.
    - Similar proportions of employees in Dallas (30%) as nationally (33%) find it very or somewhat difficult to balance work and family life. *(Q915)*
    - Workers in Dallas are as likely as employed Americans overall to say that work interfering during personal time is a significant source of stress (37% vs. 35% workers nationally). *(Q910)*
    - And, more than half of Dallas workers report that job demands have interfered with their ability to fulfill home/family duties at least once in the past three months, similar to the experience of employees overall (57% vs. 56% workers nationally). *(Q920)*
    - Slightly fewer Dallas workers feel satisfied with how their employer helps employees manage work and non-work activities compared to employed Americans nationwide (35% vs. 39% workers nationally). *(Q1905)*



Managing Workplace Stress

- Slightly more Dallas workers than employed Americans overall report missing at least one day of work in the past year due to stress (20% vs. 23% workers nationally). *(Q925)*
- During the past month, slightly fewer Dallas workers than employed Americans nationwide report lost productivity due to stress (57% vs. 60% workers nationally). *(Q945)*