

Stress in America Seattle Report

Prepared For:

The American Psychological Association

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Public Affairs and Policy

EMBARGOED FOR RELEASE
October 7th, 12:30 pm EDT

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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 259 adults aged 18+ who reside in Seattle. 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 Seattle 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

Seattle residents report that they are managing their stress well, and are doing enough to manage their stress, similar to Americans nationwide. However, Seattle residents say they are experiencing extreme stress levels to a lesser extent than Americans elsewhere, and also report higher usage of some specific stress management techniques. Their experiences of the workplace are also largely similar to employees overall.

- While equally likely to say they manage stress well and are doing enough to manage stress, fewer Seattle residents as compared to Americans overall report experiencing extreme stress levels (24% vs. 30% nationally).

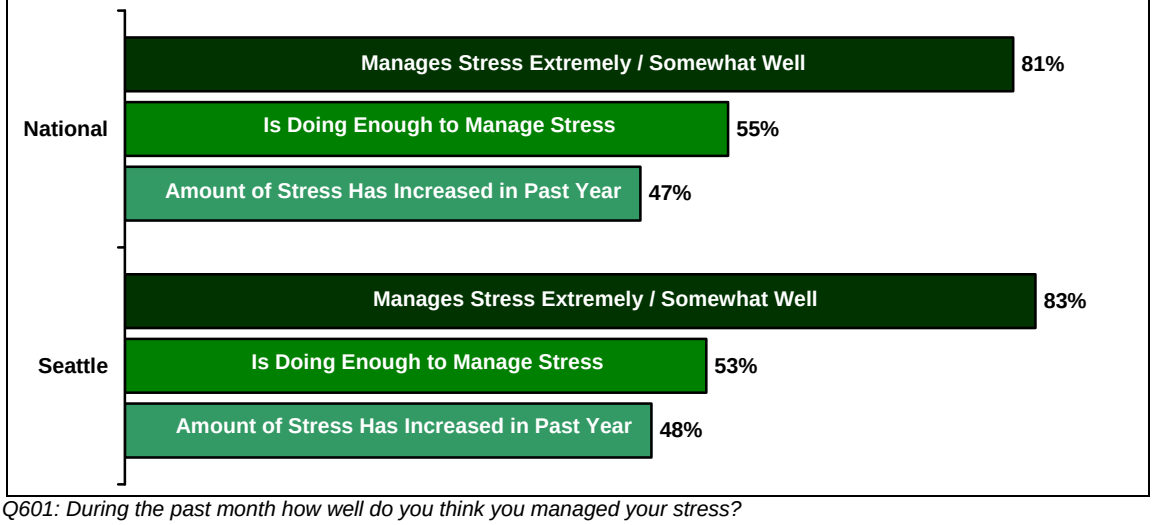
- When it comes to different stress management techniques, Seattle residents are more likely than Americans overall to read (54% vs. 44%), watch TV or movies for more than 2 hours per day (54% vs. 41%), play video games or surf the Internet (46% vs. 37%), or drink alcohol (30% vs. 18%) to help manage their stress.

- As it relates to the workplace, employees in Seattle report similar experiences as adults in general.
    - Seattle residents report an average daily stress level from work that is on par with employed Americans overall (both rate 4.8 out of 10).
    - Similar proportions of employees in Seattle and across the country say that they feel tense or stressed at work (36% vs. 39% workers nationally).
    - And while Seattle employees are as likely as employees generally to report being satisfied with their jobs (68% and 61%, respectively), they do tend to be more willing to recommend their workplace as a good place to work (52% vs. 44% workers nationally).
    - Further, their experiences with managing work and family life are also similar.
    - Interestingly, while not reaching the level of statistical significance, there is a trend related to productivity issues – the data suggests that more employees in Seattle missed work and experienced lost productivity because of stress.

Perceptions of Personal Stress

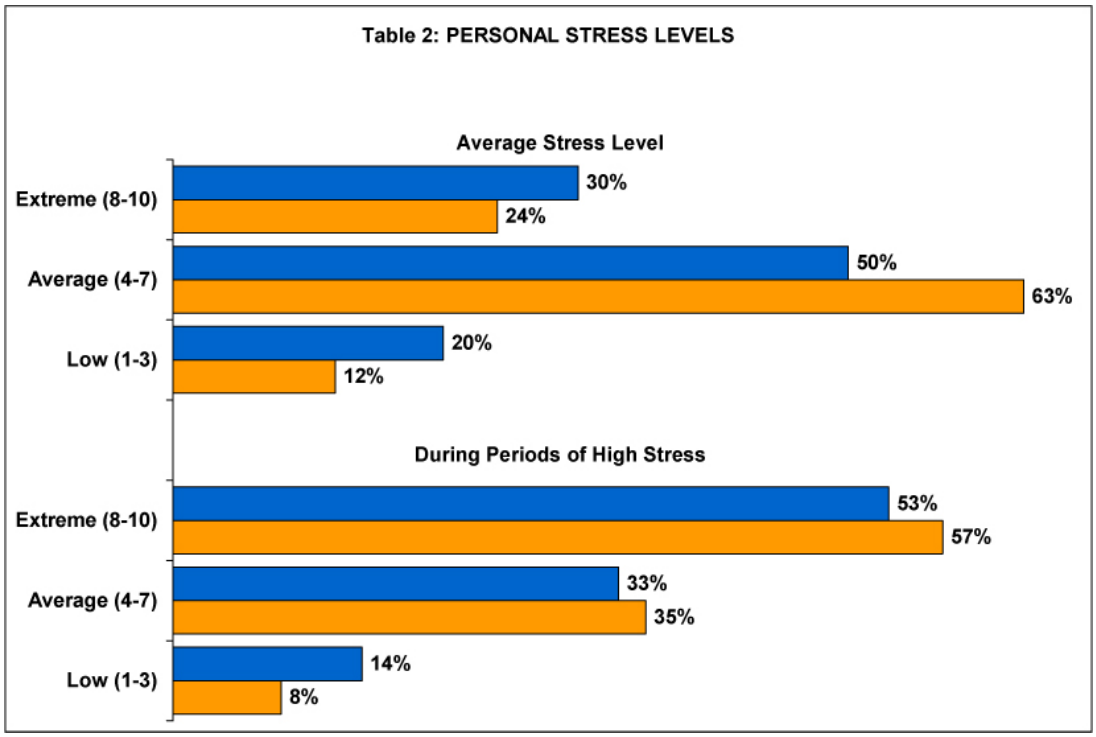
- Similar to Americans overall, Seattle residents feel that they are managing their stress extremely or somewhat well (81% and 83% respectively). *(Q601)*
- Further, similar proportions of Americans and Seattle residents feel they are doing enough to manage their stress (55% and 53% respectively). *(Q1615)*

Table 1: PERCEPTIONS OF PERSONAL STRESS



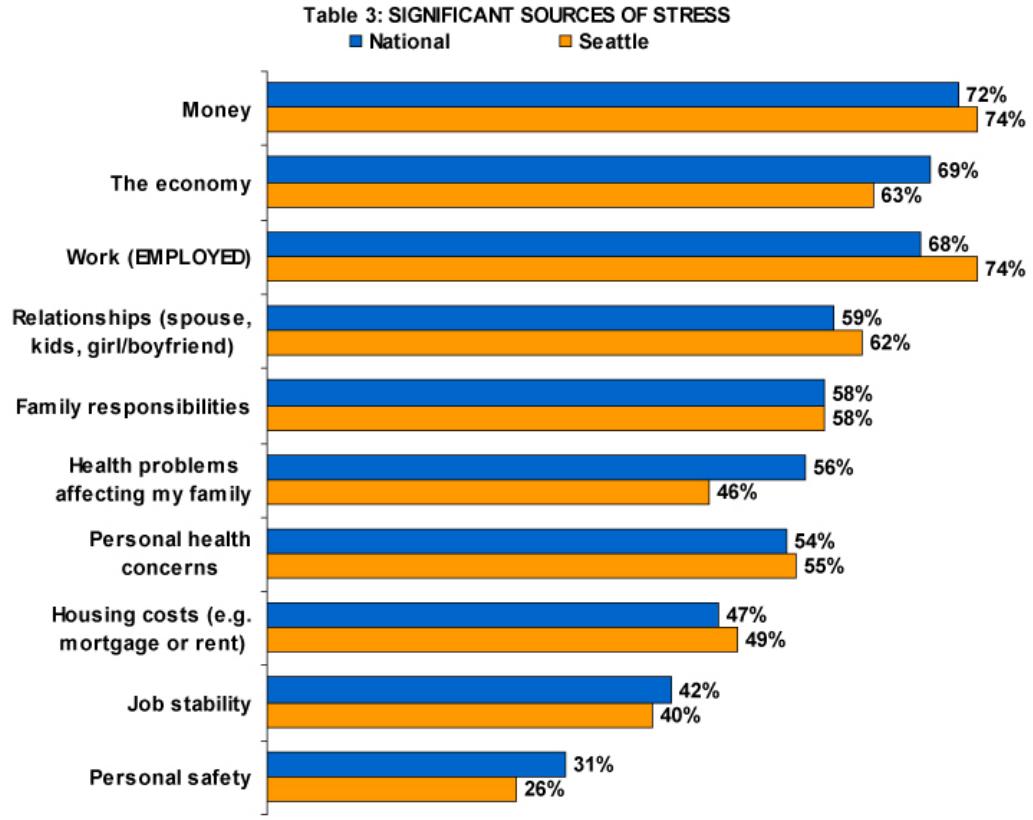
Q601: During the past month how well do you think you managed your stress?
Q1615: Do you feel that you are doing enough to manage your stress?
Q623: Thinking about the past year, would you say the level of stress in your life has increased, decreased, or has it stayed about the same?

- A lower proportion of Seattle residents rate their average monthly stress in the extreme range (24% rate their stress an 8, 9, or 10 on a 10-point scale) as compared to 30% of Americans generally. *(Q605)*
- During reported periods of high stress, times when their highest levels of stress are experienced, Seattle residents are slightly more likely than Americans overall to rate their stress as an 8, 9 or 10 (57% vs. 53% nationally). *(Q635)*



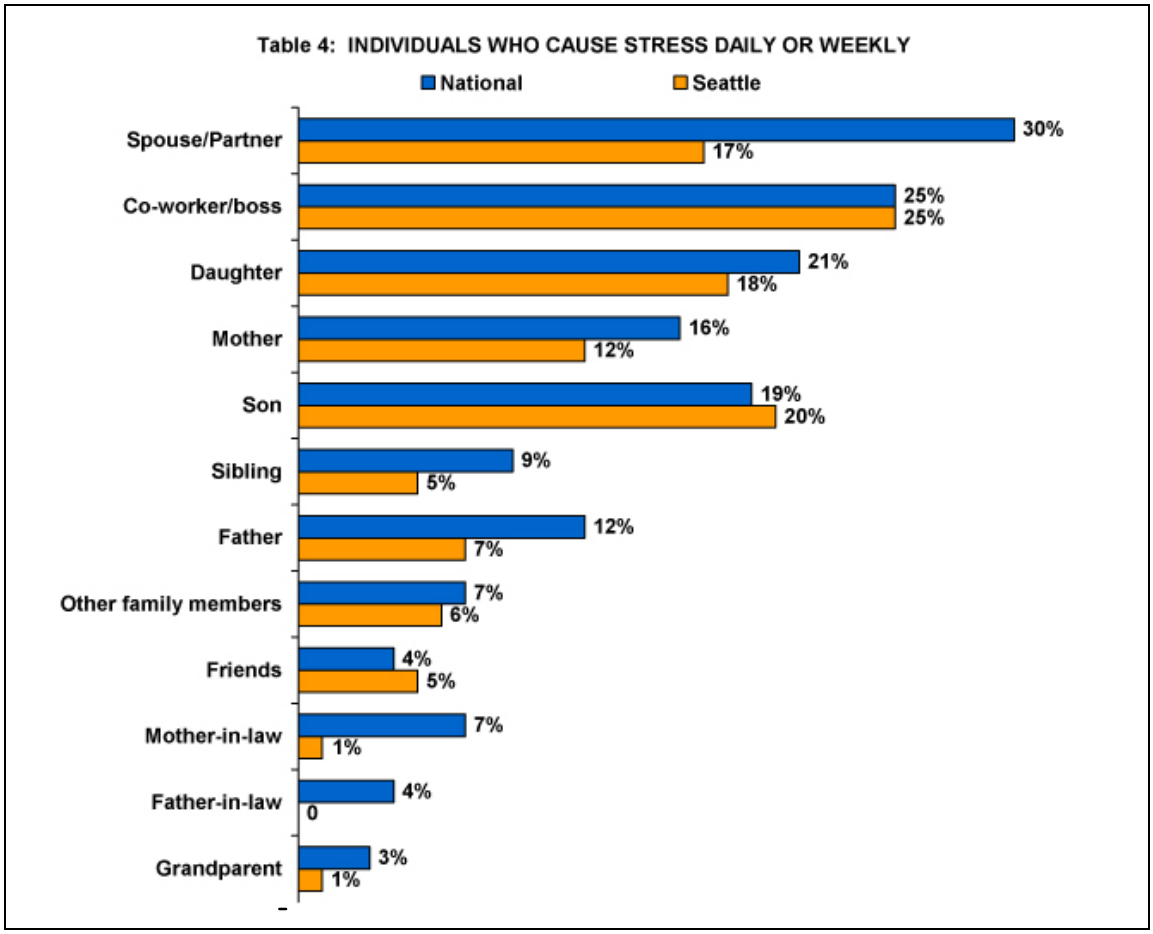
Q605: How would you rate your average level of stress during the past month?
Q635: During times when you experienced your highest level of stressing the past month, how would you rate your level of stress?

- For all listed sources of stress, other than "work" and "health problems affecting their family," Seattle residents are just as likely as Americans overall to say they are significant sources of stress.
    - Seattle residents are *less likely* than adults nationally to view health problems affecting their family (46% vs. 56% nationally) and *more likely* than adults nationally to view work (74% vs. 68% nationally) as significant sources of stress. *(Q625)*



Q625: Indicate how significant a source of stress is in your life.

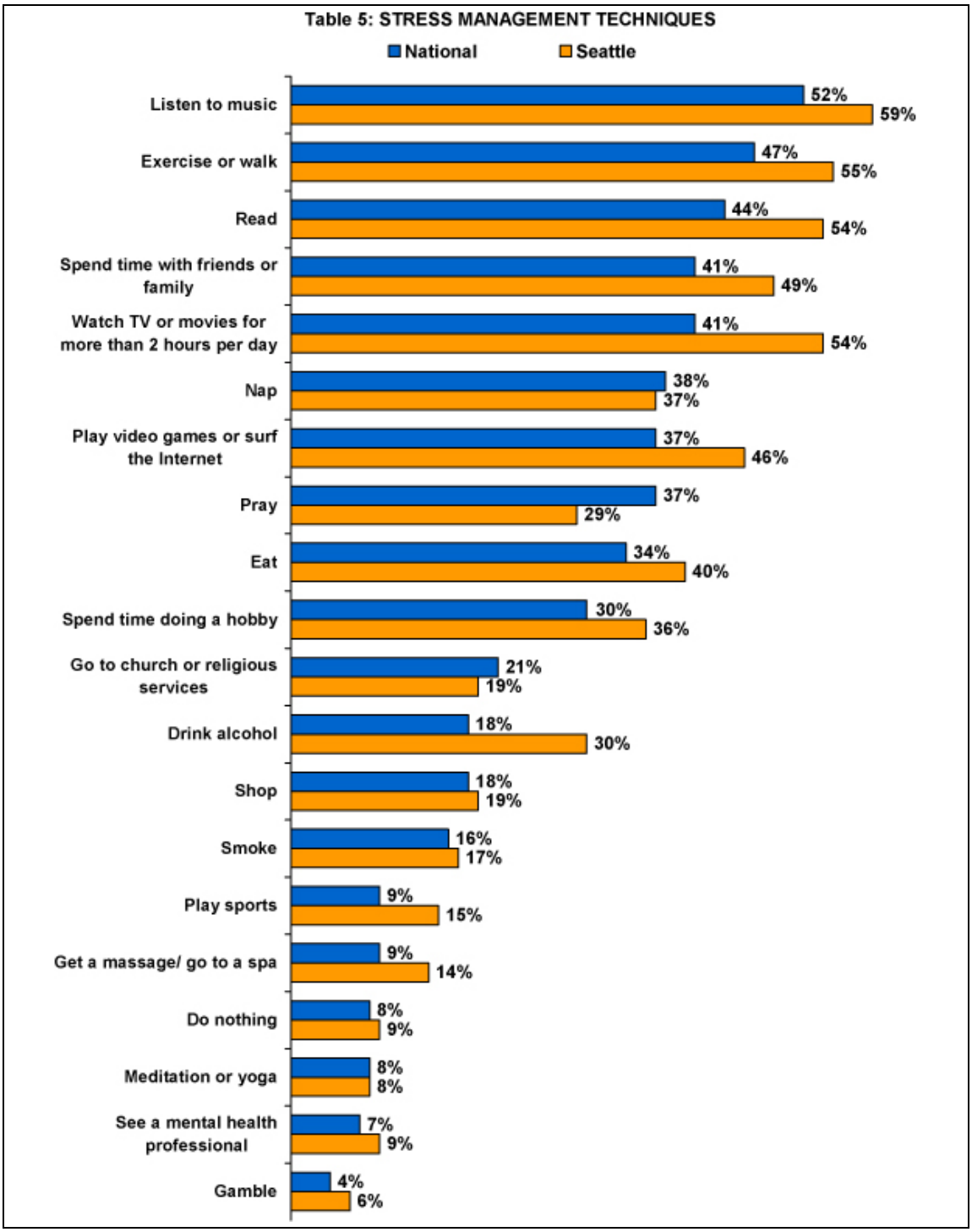
- In terms of individuals who can be a source of stress, Americans overall, to a greater degree than Seattle residents, report that their spouse/partner (30% vs. 17% for Seattle residents) and mother-in-law (7% vs. 1% for Seattle residents) cause them stress on daily or weekly basis. *(Q1700)*



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, Seattle residents are on par with Americans overall in terms of the things they do to manage stress.
- More Seattle residents than Americans nationwide mention the following activities as stress relievers:
    - Reading (54% vs. 44%);
    - Watching TV or movies for more than 2 hours per day (54% vs. 41%);
    - Playing video games of surfing the Internet (46% vs. 37%);
    - Drinking alcohol (30% vs. 18%).*(Q965)*



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

Stress in the Workplace

Workplace Environment

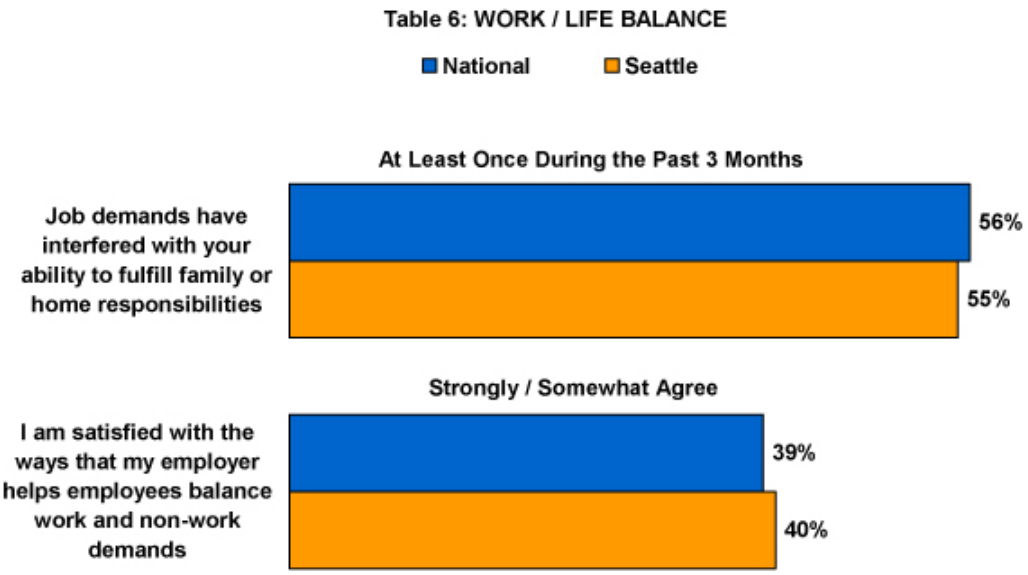
- As it relates to the workplace, employees in Seattle report similar experiences as employed Americans in general.
    - Seattle residents report an average daily stress level from work that is on par with employed Americans overall (both rate 4.8 out of 10). *(Q1900)*
    - Similar proportions of employees in Seattle and across the country say that they feel tense or stressed at work (36% vs. 39% workers nationally). *(Q905)*
- Seattle workers are less likely than employees generally to say that unpleasant or dangerous physical conditions has a significant impact on their stress level at work (13% vs. 23% workers nationally). *(Q910)*
- Seattle employees are more likely than employees generally to report being satisfied with their jobs (68% and 61%, respectively), and they tend to be more willing to recommend their workplace as a good place to work (52% vs. 44% workers nationally).

Managing Workplace Stress

- A majority of Seattle workers, as well as employed Americans overall, agree that they have the resources available to manage their stress (57% and 56% workers nationally). *(Q905)*
- Nearly one-third of workers in Seattle (31%) compared to nearly one-quarter of employed Americans overall (23%) report missing at least 1 day of work in the past year due to stress. *(Q925)*
- And, more Seattle workers than employed Americans overall report lost productivity due to stress (66% vs. 60% workers nationally). *(Q945)*

Balancing Work and Family

- Like employees across the country, employees in Seattle are juggling both work and family responsibilities.
    - Roughly one-third of each group says it's difficult to balance work and family (36% of employees in Seattle vs. 33% nationally).
    - Similarly, their experiences with work impacting personal life or vice versa is comparable to that of employees on a national basis:
        - Work interfering with personal time (32% vs. 35% workers nationally) as a significant source of stress; and
        - Personal life interfering with work as a significant source of stress (19% vs. 26% workers nationally). *(Q910)*
    - Further, Seattle workers and employed Americans overall say that job demands have interfered with their ability to fulfill home/family duties at least once in the past three months (55% vs. 56% workers nationally). *(Q920)*
    - Seattle workers and employed Americans overall feel satisfied with the ways their employer helps employees balance work and non-work demands (40% vs. 39% workers nationally). *(Q1905)*



Q920: Indicate how often each of the following has happened to you during the past 3 months.
Q1905: Indicate how strongly you agree or disagree with the following statements.