

1 in 3 British men de-stress with alcohol

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A survey of British men has found 96 percent experience work-related stress, and 37 percent use alcohol as a way to put work behind them.

The survey of 2,233 men over the age of 18 was done for vitamin supplement manufacturer Vitabiotics Wellman, and found 22 percent of men claim they suffer from depression as a result of stress in the work place.

The findings said 28 percent of men suffer with exhaustion as a result of stress, 20 percent have aggressive outbursts and 1 in 10 have experienced a loss of interest in their partner/family life.

The research also found 15 percent of men suffer from a lowered sex drive and 5 percent suffer from sexual impotence as a direct result of work stress.

"The results from the ... survey are extremely worrying," said stress expert Professor Cary Cooper of Lancaster University. "The fact that 1 in 6 men have been to their doctors regarding their stress levels highlights how serious the problem is."

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