

Our jobs are making us sick

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Poor job quality could be affecting people's health. Photo by Phil Gradwell, bit.ly/rJV3IC

(Medical Xpress) -- New research at ANU has revealed that poor work conditions can adversely affect people's health.

The study, led by Dr Peter Butterworth of the Centre for Mental Health Research, revealed that poor job quality and conditions are associated with increased risk of mental and physical health problems.

“The psychosocial aspects of work, such as job demands, decision control, job strain and perceptions of job insecurity, can affect mental and physical health,” said Dr Butterworth.

Changes in job quality over time are more likely to affect mental health.

In contrast, poor psychosocial job conditions and poor physical health are largely related to differences between people.

Published in the December issue of Australian and New Zealand Journal of Public Health, the study looked at data from the Household Income and Labour Dynamics in Australia Survey.

Provided by Australian National University

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