

# PSYCHOLOGY SNAPSHOT:

**\$300 BILLION**

The amount workplace stress costs American businesses each year

**440,000**

The number of cases of work-related stress, depression or anxiety in 2014/15 in the UK

Stress is more prevalent in public service industries such as **education, health care and public administration**



**43%**

Percentage of working days lost due to ill health in the UK workplace in 2014/15

In the UK, women have a higher rate of work-related stress than men

**44%**

Percentage of adults who claim their job affects their overall health



**8 IN 10**

Number of workers affected by workplace bullying in the UK



**£100 BILLION**

The amount that lost productivity and sick leave as a result of workplace stress costs the UK



**3 MILLION**

Number of work-related injuries in 2014 in the United States

**48%**

Percentage of the British workforce who said they were stressed most of the time and 47% cited performance as a key issue

**MOST COMMON CAUSES OF  
WORK-RELATED STRESS IN THE UK:**

- 80% - job insecurity
- 78% - workload
- 63% - bullying or harassment
- 68% - lack of support from colleagues or superiors
- 55% - lack of clarity on role
- 52% - limited opportunity to manage work patterns

