

# Level of Stress at Work and Stroke: Can your Job Killing you?

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References

# Introduction

Many studies have shown that psychological stress at work can increase the risk of hypertension, angina pectoris and cardiovascular disease [1-10].

Huang and colleagues reported a study with 6 prospective cohort studies (138,782 participants) that were followed for 3 to 17 years. Jobs were classified into 4 groups based on how workers manage their tasks and how demanding the job was. Demands of the job, including time pressure, mental load, and coordination of all charges were taken into account (Table 1).

Passive jobs (low demand/low control)	High stress jobs (high demand/low
- Jobs such as janitors, miners, and	control) - Service industry jobs,
other types of manual laborers	including waiters and nursing aides
Low stress jobs (low demand/high control) - Jobs such as natural scientists and architects	Active jobs (high demand/high control) - Jobs such as doctors, teachers, and engineers

## Table 1: Job categories

High strain jobs were associated with increased risk of stroke (RR 1.22, 95% CI 1.01–1.47) compared with low strain jobs. The result was more pronounced for ischemic stroke (RR 1.58, 95% CI 1.12–2.23). The risk of stroke was significant in women (RR 1.33, 95% CI 1.04–1.69) and nonsignificant in men (RR 1.26, 95% CI 0.69–2.27), but the difference in RRs in sex subgroups was not significant. Neither active (RR 1.07, 95% CI 0.90–1.28) nor passive (RR 1.01, 95% CI 0.86–1.18) job characteristics were associated with an increased risk of stroke compared with low strain jobs [11].

High strain job was associated with an increased risk of stroke, especially in women.

Further studies in this population should be implemented in order to reduce stroke and early treatment for their risk factors.

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