

*ATsutsumi et al. Scandinavian Journal of Work, Environment and Health. Apr (2001) Vol.27 #2 p 146.*

A study of a proposed association between job stress and depression among Japanese under threat of job loss.

Cross-sectional study of 190 workers. Assembly line workers who's jobs were secure, were compared with ancillary staff under threat of job loss.

Stress was measured by questionnaire and recorded as job strain and effort/reward imbalance.

Depression was also measured by questionnaire using the Center for Epidemiological Studies Depression Scale.

39% of the cohort showed signs of depression. Risk of depression varied according to the two stress measures, as follows:

Job strain

OR = 4.71 (95% CI = 1.61,13.72) adjusted.

Effort reward imbalance

OR = 4.13 (95% CI = 1.39,12.28)

Depression was more likely in the threatened job loss group.

Job strain was high among the assembly staff, high effort and low reward among the support staff.

The authors conclude that job strain and demand reward imbalances are predictors of depression for both groups.

### **Comment**

The work provides further support for the two measures of stress; job strain (demands divided by control) and effort / reward imbalance. However, the prevalence of depression was unusually high for any, low selection, population, suggesting the diagnostic technique was not accurate or that these were atypical people.

