

SOME DEFINITIONS

STRESS MANAGEMENT

Stress management techniques are aimed at helping individuals deal with stress at work, rather than changing the behaviour of organisations. Techniques that have been found to be useful focus on improving problem-solving and using de-stressing techniques such as physical exercise. The greatest benefit may be experienced by people who volunteer for this kind of help.

THERAPY

By therapy, we mean help that gives an individual a greater ability to identify the problems they face and to solve them. In many cases this means help provided to an individual worker by a therapist, but computer programmes that individuals can access by themselves are also effective in the short term. The kinds of therapy found to work are quite brief; as few as six sessions may be enough.

One common form of therapy that has been found to be effective is cognitive behavioural therapy (CBT). CBT helps individuals look at the way that they respond to situations. By helping them to understand their reactions, they change their behaviour so that it is less damaging to their mental health. CBT is becoming more widely available and is sometimes available through family doctor services.

WHAT WE DID

The British Occupational Health Research Foundation (BOHRF) organised a research working group to read the research papers on techniques to prevent, and to help people with common mental health problems related to work. Each paper was read by two members of the group. Papers were graded and only those with the highest grades were used to draw up the recommendations in this leaflet.

ACKNOWLEDGEMENTS

BOHRF wishes to thank
FirstAssist for their generous sponsorship of this summary

The evidence review on which this summary of evidence for employers and employees is based, has been made possible by the commitment of the Research Working Group, and others, listed in the full evidence review report, and the generous funding contributions from:

Bunzl plc
Department of Health
Department for Work and Pensions
Esso
Faculty of Occupational Medicine
GlaxoSmithKline
Vodafone

WORKPLACE INTERVENTIONS FOR PEOPLE WITH COMMON MENTAL HEALTH PROBLEMS

A summary for employers and employees



British Occupational Health Research Foundation
6 St Andrew's Place, London NW1 4LB
Telephone 020 7317 5898 Fax 020 7317 5899
E-mail admin@bohrf.org.uk Website www.bohrf.org.uk
Registered Charity No. 1077273

