An assessment of stress coping for mental health promotion among Information Technology employees in Japan

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Author(s): Makie Nagai*, Yuko Morikawa, Yuko Hamazaki and Hideaki Nakagawa

Primary health care for mental health in workers should apply to actualities of workers’ stress coping and stress response. We conducted an assessment by cross-sectional study concerning stress coping, job stress, and stress response among IT employees in Japan. Subjects were 75 healthy new employees (males). We used the 54-item Maslach Burnout Inventory-General Sur...

A self-defeating interpersonal style predicts depression over and above the Big 5 personality trait constructs

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Author(s): Breanna E Atkinson, Gabriela Lasky, Gregory J Boyle and Philip A Vernon*

Three hundred and fifty-three adult participants completed self-report measures assessing depression, the putative “Big 5” personality factors, socially desirable responding, and a new scale intended to measure the propensity to engage in a self-defeating interpersonal style of behavior (the SELF-DISS; Atkinson & Vernon, 2018). Our goals were to see whether SELF-DISS ...