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KEY=TRAITS - ALVAREZ HERRERA

Coping, Personality and the Workplace Responding to Psychological Crisis and Critical Events Routledge *How an individual responds to crises and critical incidents at work, both immediately and subsequent to the event, is heavily influenced both by personality characteristics and their use of coping strategies. These can, in turn, be affected by levels of education, gender and even the profession within which the individual is working. Coping, Personality and the Workplace offers theory, research and practice on our ability to cope with dangerous situations, critical incidents or other work crises. The chapters include perspectives on social and health habits and risks; gender and age differences as well as a range of different sources of threat: financial, psychological and physical; those within and outside the individual's control; immediate and chronic. For organizations, this collection provides help and advice to build into employee safety and support programmes; for policy makers, a sense of the emerging sources of risk related to occupational health and for researchers, an anthology of original applied research from some of the leading authors in three continents.* **Occupational Stress and Coping Strategies** Discovery Publishing House *Study on job stress of bank employees; conducting in Erode District, Tamil Nadu, India.* **Relationship Between Sources of Job Stress, Personality Traits and Job Stress The Moderating Role of Coping Strategies Responses to Occupational Stress Predicting Coping Strategies with Narrow Versus Broad Personality Measures Coping, Health and Organizations** CRC Press *The consequences of ineffective coping are evident in the health of individuals and organisations. This book brings together a wealth of research and thinking about coping in occupational settings. Coping, Health and Organizations begins by looking at measurement of coping with stress. The theoretical and psychometric considerations discussed in the opening section of the book explore the principles for successful evaluation of coping, and the effectiveness of organizational support. The book continues, going through various problems in work including acute disasters, coping with subjective health problems, and then goes on to look at what companies can do to reduce factors that result in stress. The book concludes by looking at the debates of the past and present and discusses the future of coping at work. Key Features: * Stress at work and its affect on both the individual and the company is becoming an increasingly important factor in business today * Brings together a wealth of research and thinking about stress in occupational settings * A very forward thinking book* **Occupational Stress: A Study of Employee Stress in Indian ITES Industry** Allied Publishers *This book focuses on a research work done for ITES executives on occupational stress. The objectives of the research includes understanding their sources of occupational stress, their personality characteristics and coping strategies and its impact on their physical health, mental health and job satisfaction. We are sure that this book will provide an insight into all those components in managing stress at the workplace.* **Occupational Stress, Personality, and Coping Strategies Among Aircraft Maintenance Personnel in Hong Kong Occupational Stress The Role of the Personality Disposition Known as the Sense of Coherence Translational Research in Environmental and Occupational Stress** Springer *Cutting edge technologies can propel a simple finding in basic science to a concept that can be of immense value to the society. While applying novel techniques to unravel the mysteries of biological processes, an offshoot of applied branch emerged. This field, which is now widely referred to as Translational Research utilizes basic science findings and translates these findings into innovative concepts for the benefit of mankind. This branch of science has evolved into a multidisciplinary juggernaut encompassing all known fields of science as varied as biomedicine, environment, law, economics, sociology, etc. With the ever increasing interest in this branch and the dreams and aspirations that this field can bring, basic science researchers are now taking a bold step into this new realm, merging different fields of knowledge to come up with novel inventions. This book "Translational research in environmental and occupational stress" provides and insight into the research that led to discoveries, inventions and development of novel technologies which will have a tremendous impact on the future of mankind.* **Stress and Anxiety Coping and Resilience** Logos Verlag Berlin GmbH *We present this collection of peer-reviewed papers covering a contemporary exploration of old and new concepts in the area of stress, anxiety, and coping. The papers include a consideration of the age-old questions concerning maths and test anxiety and the factors which predict or mediate these to a theoretical discussion of what is stress and how do we measure it. Several papers focus on stress and coping in applied settings, such as among patients with chronic disease, panic disorder, and also in those who play sport. Further papers are devoted to stress and coping in educational and academic settings and examine factors which contribute to students' learning as well as those which influence teachers' occupational stress. The recent emphasis by positive psychologists on resilience as well as coping has also featured here with chapters looking at their contributions to psychological health. However, the question is posed as to whether resilience and coping are cut from the same cloth.* **Mental Illness in the Workplace Psychological Disability Management** Routledge *The extent of mental illness concerns in the workforce is becoming increasingly apparent. Stress, depression, anxiety, workplace bullying and other issues are costing businesses billions every year in lost productivity, poor treatments and employee retention. Unless appropriately addressed, issues related to mental illness difficulties will result in stiff financial,*

organizational, and human costs for organizations. The authors of Mental Illness in the Workplace provide a practical guide to identifying, understanding, treating and preventing individual and organizational mental health issues. They illustrate how organizations can save money and improve the health and well-being of their employees by using a psychological disability management approach in the treatment and accommodation of mental illness issues. Drawing on empirical evidence from North America, the United Kingdom, Australia and New Zealand, the book is in three parts. The first addresses the scope of mental health issues in the workplace. The second part describes the most common mental illnesses found in the workplace, while the third focuses on prevention and treatment of mental health issues. This book will meet the needs of human resources professionals, administrators of employee assistance programs, industrial and organizational psychologists, mental health practitioners, those teaching or studying psychology and disability management, and more generally will serve to enlighten students of business management and practicing managers regarding a major workforce risk factor. **Occupational Stress A Handbook** CRC Press Bringing together renowned scholars, this handbook contains innovative current empirical and theoretical research in the area of job stress. The workplace is one of the major sources of stress in an individual's life. Placing this important topic in the context of a transactional process, this work is intended to be of use to practitioners working in clinical, organisational, family and health psychology, mental health, substance abuse, the military, and with families and women.; Chapters are arranged in five parts, the first considering theoretical approaches with an introductory article by Professor Emeritus Richard S. Lazarus. Next is an examination of various model testing formats, followed by a section on occupational stress research and coping mechanisms. Fourth is a collection of articles on the subject of burnout, and the book closes with two distinct interventions directed at stress reduction. **Careers An Organisational Perspective** Juta and Company Ltd This comprehensive study of a range of contemporary career issues faced by both individuals and organizations has been revised and updated to reflect the most recent research and trends. The primary thrust of the latest edition is change—organizational change, changes in the work force, and changes in peoples lives. Among the topics discussed are the meaning of work, the implication of change on careers, career planning and management, practical applications of career choice, and organizational support practices. A glossary of terms has also been included to aid in the comprehension of the concepts related to each chapter. **Work Stress and Coping Among Professionals** BRILL Based on a large-scale survey, indepth interviews and comparative analyses, this book offers deep analyses of work stress and coping among seven professional groups: doctors, lawyers, engineers, nurses, teachers, police officers, and life insurance agents. The book makes practical recommendations for personal, organizational and societal intervention. **Stress and Anxiety Application to Health, Work Place, Community, and Education** Cambridge Scholars Publishing The book offers cutting-edge developments in both experimental and theoretical aspects of stress and anxiety introduced by world-wide well-know researchers. It covers four major areas that are health, work place, community, and education. In the first part of the book issues of stress and health are discussed underscoring the importance of positive individual traits, positive resources for improving well-being, happiness and healthy functioning. Part 2 of the book shows what is currently known about occupational stress and deals with the role of personality, workaholism, and the importance of burnout. The third part of the volume focuses on stress, anxiety, and coping in the community related to terror attacks. Research presented here helps to understand the phenomenon of posttraumatic growth and related paradoxical effects of traumatic events. A comprehensive and instructive conceptual overview of terror, its psychological antecedents and consequences, as well as findings from research that investigated the coping process during a period of political violence is given. The fourth part of the book refers to education and develops understandings of the sources, experiences, and consequences of stress, anxiety, and coping in different groups and school settings. Anxiety, stress, and coping are important to understand if we want to have meaningful descriptions of individuals. All contributions in this book demonstrate the development of research in this field and how important a continuing investigation and refinement in this complex area is. We wish to encourage academic researchers, students, service providers, policy makers, community members, and anyone else involved in treating stress to join with us in understanding individuals in the context of stress, coping, and emotions and how this effects their well-being, functioning and resilience. **Patient Safety and Quality An Evidence-based Handbook for Nurses** "Nurses play a vital role in improving the safety and quality of patient car -- not only in the hospital or ambulatory treatment facility, but also of community-based care and the care performed by family members. Nurses need know what proven techniques and interventions they can use to enhance patient outcomes. To address this need, the Agency for Healthcare Research and Quality (AHRQ), with additional funding from the Robert Wood Johnson Foundation, has prepared this comprehensive, 1,400-page, handbook for nurses on patient safety and quality -- Patient Safety and Quality: An Evidence-Based Handbook for Nurses. (AHRQ Publication No. 08-0043)."--Online AHRQ blurb, http://www.ahrq.gov/qual/nurseshdbk. **Psychology of Religion and Workplace Spirituality** IAP This book, the first of a groundbreaking series, provides a solid theoretical and empirical grounding from the psychology of religion and spirituality to the emerging field of workplace spirituality. Leading researchers in the psychology of religion have contributed up-to-date reviews within their areas of expertise to help guide the emergence of this exciting new discipline. Each chapter is written with the workplace researcher in mind. Not only is the relevant literature from the psychology of religion reviewed, but it is also made relevant to the workplace setting. The religious and spiritual aspects of such topics as meaning making, emotional resilience, sense of calling, coping with stress, occupational health and well-being, and leadership, among others are discussed within the context of work life. Surely researchers interested in workplace spirituality will keep this book, as well as others in the series, within arm's reach for years to come. **Psychosocial Factors at Work in the Asia Pacific From Theory to Practice** Springer This book presents research and best practice examples from the Asia Pacific region to address the gap in global expertise on psychosocial factors at work. It explores practices in the region that promote healthy workplaces and workers by presenting research from around the globe on issues such as telework, small and medium-sized enterprises, disaster-struck areas, suicide prevention, and workplace client violence. It discusses practical, multidisciplinary efforts to address worker occupational health. Further, it explores psychosocial risk and prevention, as well as the significant role of cultural variations and practices in the diverse range of countries covered. **A Multidimensional Approach to Post-Traumatic Stress Disorder From Theory to Practice Handbook of Research on the Complexities and Strategies of Occupational Stress** IGI Global Stress is commonly witnessed in the workplace due to environmental factors and human interaction and can result in health complications, high turnover, and more. While stress is often perceived

negatively, a manageable amount of stress may work as a helpful motivator for some workers. In the dynamic business environment, the performances, working efficiency, innovative work behavior, and creativity in the existence of stress is understudied. It is essential to understand the complexities of occupational stress and the strategies to use it as a support. The Handbook of Research on the Complexities and Strategies of Occupational Stress provides an in-depth understanding about the magnitude and the reasons behind varying impacts of stressors. It delimits the geographical context while including cross-cultural dimensions to explore the depth and variations of occupational stress. Covering topics such as health capital, turnover intentions, and work-family conflict, this premier reference source is an excellent resource for business leaders and managers, human resource managers, libraries, students and educators of higher education, government organizations, occupational therapists, researchers, and academicians. **Coping with Work Stress A Review and Critique** John Wiley & Sons Coping with Work Stress: A Review and Critique highlights current research relating to the coping strategies of individuals and organizations, and provides best practice techniques for dealing with the growing epidemic of stress and lack of overall well-being at work. Reviews and critiques the most current research focusing on workplace stress Provides 'best practice' techniques for dealing with stress at the workplace Extends beyond stress to cover broader issues of well-being at work **Occupational Stress Personal and Professional Approaches** Nelson Thornes This book presents a unique theoretical and practical overview of the issues relating to stress and burnout among healthcare professionals. Occupational stress offers guidance and advice on many subjects, including the maintenance of a healthy workforce. **An Analytical Study On Occupational Stress Among Bank Employees In Kerala** Archers & Elevators Publishing House **Well-Being Research in South Africa** Springer Science & Business Media This is the first book to bring together examples of research in positive psychology / psychofortology conducted in the multi-cultural South African context with its diverse populations and settings. The volume reflects basic as well as applied well-being research in the multicultural South African context, as conducted in various contexts and with a variety of methods and foci. Theoretical, review, and empirical research contributions are made, reflecting positivist to constructivist approaches, and include quantitative, qualitative, and mixed-method approaches. Some findings support universality assumptions, but others uncovered unique cultural patterns. Chapters report on well-being research conducted in the domains of education, work, health, and family, and in clinical, urban vs. rural, and unicultural vs. multicultural contexts. Studies span the well-being of adolescents, adults, and older people, and topics include resilience in individuals, families, and groups, measurement issues and coping processes, the role of personal and contextual variables, and facets such as hope, spirituality, self-regulation, and interventions. **Occupational Stress, Personality Hardiness and Burnout Among Hospital-employed Radiographers Handbook of Coping Theory, Research, Applications** John Wiley & Sons "...how a man rallies to life's challenges and weathers its storms tells everything of who he is and all that he is likely to become." —St. Augustine It has long been understood that how a person adjusts to life stresses is a major component of his or her ability to lead a fulfilling life. Yet it wasn't until the 1960s that coping became a discrete topic of psychological inquiry. Since then, coping has risen to a position of prominence in the modern psychological discourse—especially within the personality, cognitive, and behavioral spheres—and, within the past decade alone, many important discoveries have been made about its mechanisms and functioning, and its role in ongoing psychological and physical health and well-being. A book whose time has come at last, the Handbook of Coping is the first professional reference devoted exclusively to the psychology of coping. Reporting the observations and insights of nearly sixty leading authorities in stress and coping from a wide range of affiliations and schools of thought, it brings readers the state of the art in coping theory, research, assessment, and applications. In orchestrating the book, the editors have scrupulously avoided imposing any particular slant or point of view, other than the need to foster greater eclecticism and cooperation between researchers and clinicians concerned with the phenomenon of coping. The Handbook of Coping is divided into five overlapping parts, the first of which serves to lay the conceptual foundations of all that follows. It traces the history of coping from its origins in psychoanalytic theories of unconscious defense mechanisms, and provides an exhaustive review of the latest conceptualizations, models, and constructs. The following section provides an in-depth exploration of current research methodology, measurement, and assessment tools. Part Three explores key facets of coping in a broad range of specific domains, including everyday hassles, chronic disease, cataclysmic events, and many others. The penultimate section focuses on individual differences. Among important topics covered here are coping styles and dispositions; the role of family, social support, and education; and coping behaviors across the life span. The final section, Part Five, is devoted to current applications. Clinical parameters are defined and a number of specific interventions are described, as are proven techniques for helping clients to improve their coping skills. A comprehensive guide to contemporary coping theory, research, and applications, the Handbook of Coping is an indispensable resource for practitioners, researchers, students, and educators in psychology, the health sciences, and epidemiology. Of related interest ... EGO DEFENSES: Theory and Measurement —Edited by Hope R. Conte and Robert Plutchik This book explores the nature and manifestations of defense mechanisms and traces ego defense theory and research from Freud's initial conceptualization through recent work in object-relations theory and other psychoanalytically oriented approaches. It provides clinical guidelines for diagnosing, assessing, and dealing with defenses, reviews empirical research techniques, and indicates their value in development and in psychotherapy. This volume should be of value to theoreticians, clinicians, and researchers interested in finding appropriate tools for measurement of defense mechanisms. 1994 SOCIAL SUPPORT: An Interactional View —Edited by Barbara R. Sarason, Irwin G. Sarason, and Gregory R. Pierce The study of social support and its relationship to personality, health, and adjustment is one of the fastest growing areas of research and application in psychology. This book contains integrative surveys of clinical and field studies, experimental investigations, and life-span explorations. It approaches social support as an important facet of interpersonal relationships and shows its undesirable, as well as its positive, features. 1990 (0-471-60624-3) 528 pp. **Stress A Brief History** John Wiley & Sons Stress: A Brief History is a lively, accessible, and detailed examination of the origins of the field of stress research. First concise, accessible, academically grounded book on the origins of the concept of stress. Explores different theories and models of stress such as the psychosomatic approach, homeostasis, and general adaptation syndrome. Discusses the work and intriguing contributions of key researchers in the field such as Walter Cannon, Hans Selye, Harold Wolff, and Richard Lazarus. Explains the origins of key concepts in stress such as stressful life events, the coronary-prone personality, and appraisals and coping. Culminates in a discussion of what makes a good theory and what obligations stress researchers have to those whose working lives they

study. **Handbook of Police Psychology** Routledge *The Handbook of Police Psychology features contributions from over 30 leading experts on the core matters of police psychology. The collection surveys everything from the beginnings of police psychology and early influences on the profession; to pre-employment screening, assessment, and evaluation; to clinical interventions. Alongside original chapters first published in 2011, this edition features new content on deadly force encounters, officer resilience training, and police leadership enhancement. Influential figures in the field of police psychology are discussed, including America's first full-time police psychologist, who served in the Los Angeles Police Department, and the first full-time police officer to earn a doctorate in psychology while still in uniform, who served with the New York Police Department. The Handbook of Police Psychology is an invaluable resource for police legal advisors, policy writers, and police psychologists, as well as for graduates studying police or forensic psychology.* **New Directions in Organizational Psychology and Behavioral Medicine** Routledge *This research shows the dynamic relationship between work, health and satisfaction. New Directions in Organizational Psychology and Behavioral Medicine, comprehensively covers new developments in the field of occupational health psychology and provides insight into the many challenges that will change the nature of occupational health psychology. The editors have gathered 40 experts from all over the developed world to discuss issues relevant to human resource and talent management, and specifically to employment related physical and psychological health issues. Especially because it comes at a time of economic turbulence that will create work stress and strain, organizations, researchers and practitioners will find this book valuable.* **Why Religion and Spirituality Matter for Public Health Evidence, Implications, and Resources** Springer *This volume reviews the exploding religion/spirituality (R/S) and health literature from a population health perspective. It emphasizes the distinctive Public Health concern for promoting health and preventing disease in societies, nations, and communities, as well as individuals. Part I offers a rigorous review of mainstream biomedical and social scientific theory and evidence on R/S-health relations. Addressing key gaps in previous literature, it reviews evidence from a population health viewpoint, surveying pertinent findings and theories from the perspective of Public Health subfields that range from Environmental Health Sciences to Public Health Nutrition to Health Policy & Management and Public Health Education. In Part II, practitioners describe in detail how attending to R/S factors enhances the work of clinicians and community health practitioners. R/S provides an additional set of concepts and tools to address opportunities and challenges ranging from behavior and institutional change to education, policy, and advocacy. Part III empowers educators, analyzing pedagogical needs and offering diverse short chapters by faculty who teach R/S-health connections in many nationally top-ranked Schools of Public Health. International and global perspectives are highlighted in a concluding chapter and many places throughout the volume. This book addresses a pressing need for Public Health research, practice and teaching: A substantial evidence base now links religious and spiritual (R/S) factors to health. In the past 20 years, over 100 systematic reviews and 30 meta-analyses on R/S-health were published in refereed journals. But despite this explosion of interest, R/S factors remain neglected in Public Health teaching and research. Public Health lags behind related fields such as medicine, psychology, and nursing, where R/S factors receive more attention. This book can help Public Health catch up. It offers abundant key resources to empower public health professionals, instructors, and students to address R/S, serving at once as a course text, a field manual and a research handbook.* **Managing the Risk of Workplace Stress Health and Safety Hazards** Routledge *Working in a stressful environment not only increases the risk of physical illness or distress, but also increases the likelihood of workplace accidents. While legislation provides some guidelines for risk assessment of physical hazards, there remains limited guidance on the risks of psychosocial hazards, such as occupational stress. This book takes the risk management approach to stress evaluation in the workplace, offering practical guidelines for the audit, assessment and mitigation of workplace stressors. Based on research and case studies, this book provides a comprehensive source of theoretical and practical information for students and practitioners alike. It includes chapters on: * environmental stress factors * psychological stress factors * work-related accidents * job stress evaluation methods With its up-to-date approach to a fascinating area of study, this is key reading for all students of organizational psychology and those responsible for workplace safety.* **Work and Mental Health in Social Context** Springer Science & Business Media *Anyone who has ever had a job has probably experienced work-related stress at some point or another. For many workers, however, job-related stress is experienced every day and reaches more extreme levels. Four in ten American workers say that their jobs are "very" or "extremely" stressful. Job stress is recognized as an epidemic in the workplace, and its economic and health care costs are staggering: by some estimates over $ 1 billion per year in lost productivity, absenteeism and worker turnover, and at least that much in treating its health effects, ranging from anxiety and psychological depression to cardiovascular disease and hypertension. Why are so many American workers so stressed out by their jobs? Many psychologists say stress is the result of a mismatch between the characteristics of a job and the personality of the worker. Many management consultants propose reducing stress by "redesigning" jobs and developing better individual strategies for "coping" with their stress. But, these explanations are not the whole story. They don't explain why some jobs and some occupations are more stressful than other jobs and occupations, regardless of the personalities and "coping strategies" of individual workers. Why do auto assembly line workers and air traffic controllers report more job stress than university professors, self-employed business owners, or corporate managers (yes, managers!)? The authors of Work and Mental Health in Social Context take a different approach to understanding the causes of job stress. Job stress is systematically created by the characteristics of the jobs themselves: by the workers' occupation, the organizations in which they work, their placements in different labor markets, and by broader social, economic and institutional structures, processes and events. And disparities in job stress are systematically determined in much the same way as are other disparities in health, income, and mobility opportunities. In taking this approach, the authors draw on the observations and insights from a diverse field of sociological and economic theories and research. These go back to the nineteenth century writings of Marx, Weber and Durkheim on the relationship between work and well-being. They also include the more contemporary work in organizational sociology, structural labor market research from sociology and economics, research on unemployment and economic cycles, and research on institutional environments. This has allowed the authors to develop a unified framework that extends sociological models of income inequality and "status" attainment (or allocation) to the explanation of non-economic, health-related outcomes of work. Using a multi-level structural model, this timely and comprehensive volume explores what is stressful about work, and why; specifically address these and questions and more: -What characteristics of jobs are the most stressful; what characteristics reduce stress? -Why do work*

organizations structure some jobs to be highly stressful and some jobs to be much less stressful? Is work in a bureaucracy really more stressful? -How is occupational "status" occupational "power" and "authority" related to the stressfulness of work? -How does the "segmentation" of labor markets by occupation, industry, race, gender, and citizenship maintain disparities in job stress? - Why is unemployment stressful to workers who don't lose their jobs? -How do public policies on employment status, collective bargaining, overtime affect job stress? -Is work in the current "Post (neo) Fordist" era of work more or less stressful than work during the "Fordist" era? In addition to providing a new way to understand the sociological causes of job stress and mental health, the model that the authors provide has broad applications to further study of this important area of research. This volume will be of key interest to sociologists and other researchers studying social stratification, public health, political economy, institutional and organizational theory. **New Developments in Theoretical and Conceptual Approaches to Job Stress** Emerald Group Publishing *Promotes theory and research in the area of occupational stress, health and well being, and brings together and showcases the work of some of the best researchers and theorists who contribute to this area. This collection gives a critical assessment of knowledge, and major gaps in knowledge, on occupational stress and well being.* **Job Stress in University Staff An Australian Research Study** Australian Academic Press *Job stress in university staff.* **Work Stress and Coping in the Era of Globalization** Routledge *This book examines the phenomena of how individuals experience work stress and coping in both developed and developing countries in the world. Rabi Bhagat, known for his cross-cultural scholarship in this area, and his co authors, help us recognize the causes and consequences of work stress. They present a systematic, comprehensive review of this topic with plenty of practical insights and case studies examining work stress and coping in the era of globalization. Researchers, practitioners and students in the field of industrial organizational psychology, organizational behavior, and human resources management will find this book of interest.* **Deviant and Criminal Behavior in the Workplace** NYU Press *Workplace crimes are never far from the news. From major scandals like Enron to violent crimes committed by co-workers to petty theft of office supplies, deviant and criminal behavior is common in the workplace. Psychological factors are almost always involved when an employee engages in such behavior. Deviant and Criminal Behavior in the Workplace offers insights at the level of the individual employee and also sheds light on the role organizations themselves may play in fostering such criminal behavior. The volume considers psychological factors involved in theft and fraud, workplace violence, employee discrimination, and sexual harassment. It also analyses a number of variables which can influence such behavior including employee personality, employee emotional processes, experience of occupational stress, organizational culture, organizational injustice, and human resource management practices. The book will be of core interest to those interested in the psychology and sociology of work, organizational behavior, and human resource management.* **Occupational Stress A Handbook** CRC Press *Bringing together renowned scholars, this handbook contains innovative current empirical and theoretical research in the area of job stress. The workplace is one of the major sources of stress in an individual's life. Placing this important topic in the context of a transactional process., this work is intended to be of use to practitioners working in clinical, organisational, family and health psychology, mental health, substance abuse, the military, and with families and women.; Chapters are arranged in five parts, the first considering theoretical approaches with an introductory article by Professor Emeritus Richard S. Lazarus. Next is an examination of various model testing formats, followed by a section on occupational stress research and coping mechanisms. Fourth is a collection of articles on the subject of burnout, and the book closes with two distinct interventions directed at stress reduction.* **Occupational Stress in South African Work Culture Examining the Work Locus of Control of Managers** Springer Nature *This book explores avenues for organisations to better understand the origins of occupational stress so as to enable their managerial employees to effectively manage stress levels. By way of the work locus of control as a personality variable, the book identifies stressors both within and outside the organisation that underpin high stress levels in organisational culture. In grappling with what is required in the new workforce of 'Generation Y' millennials in a hyper-networked and mobile age, the authors present examples from everyday professional situations in South Africa to contribute to critical understanding of today's working world. By applying neuroscientific principles developed from a foundation of empirical research, the authors introduce the concepts of a 'red zone' and 'blue zone' to explain differences between the brain areas controlled either by its stem-limbic areas, or the limbic-cortical cortex areas, respectively. This becomes a psychological shorthand for describing and applying knowledge to encourage practitioners in leadership and management roles to achieve desired behaviour outcomes, and to establish a framework for understanding employee values and worldviews. The book is relevant to practitioners, postgraduate students and researchers interested in industrial psychology, personality psychology, business management and human resources.* **Examining and Exploring the Shifting Nature of Occupational Stress and Well-Being** Emerald Group Publishing *This volume explores and enhances our understanding of how stress and well-being at work can change over time.* **Job Stress Interventions** Amer Psychological Assn *Downsizing, reorganization, global competition, and constantly changing technology are some of the sources for job stress in the US workforce. Here, 27 empirical studies present models for intervening both at the individual level and the organizational and policy level. They investigate topics including stress management training, the promotion of coping strategies among unemployed workers, post-traumatic stress, and policy and legislation issues such as workers' compensation claims. This is the third of three books derived from a 1992 national conference titled Stress in the '90s: A Changing Workforce in a Changing Workplace. Annotation copyright by Book News, Inc., Portland, OR*