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

Leonardo Roever

*Department of Clinical Research, Federal University of Uberlândia, Brazil

**Corresponding author:** Leonardo Roever, Department of Clinical Research, Av. Pará, 1720 - Bairro Umuarama., Uberlândia - MG - CEP 38400-902, Brazil, Tel: 553488039878, E-mail: leonardoroever@hotmail.com

Received date: October 26, 2015; Accepted date: May 3, 2016; Published date: May 9, 2016

Copyright: © 2016 Roever L. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

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).

<table>
<thead>
<tr>
<th>Passive jobs (low demand/low control)</th>
<th>High stress jobs (high demand/low control)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Jobs such as janitors, miners, and other types of manual laborers</td>
<td></td>
</tr>
<tr>
<td>Low stress jobs (low demand/high control)</td>
<td></td>
</tr>
<tr>
<td>- Jobs such as natural scientists and architects</td>
<td></td>
</tr>
<tr>
<td>Active jobs (high demand/high control)</td>
<td></td>
</tr>
<tr>
<td>- Jobs such as doctors, teachers, and engineers</td>
<td></td>
</tr>
</tbody>
</table>

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.

References