
ABSTRACT

Improvement of psychosocial environment in workplace using the case formulation

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The stress check program which is launched by Japanese government aims to support self-care in stress management and to improve psychosocial work environment. In this study, the authors examined the usefulness of an intervention for workplace based on the case formulation. Group analysis was conducted to review the job stress assessment diagram of all employees calculated from Brief Job Stress Questionnaire and a high risk work section, the total health risk score is greater than 120, was identified. All employees in the identified work section were interviewed by two clinical psychologists. Then, the information on stress composition revealed by individual interviews was shared with managers of the work section and plans to improve the condition was proposed. These plans were executed voluntarily by managers and employees in the work section. After the intervention, the total health risk score was improved from 120.3 to 95.0. It was suggested that intervention using this method at the workplace was useful in stress check program.

Key Words: stress check program, group analysis, psychosocial work environment, individual interview, case formulation
