Fourth annual survey of more than 1,000 Americans reveals what stresses them out most about their jobs.
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Research Objectives and Methodology

The objective of this study is to identify what Americans think is the most stressful aspect of their job. Harris Interactive, on behalf of Everest College, has conducted a survey among Americans aged 18 and older.

The research methodology is outlined below:
- The 2014 Work Stress Survey was conducted by telephone within the United States by Harris Interactive between Feb. 20 and Mar. 2, 2014 among 1,004 employed U.S. adults ages 18 and older.
- The charts below break down the participants by gender and age:

<table>
<thead>
<tr>
<th>Gender</th>
<th>Number of Participants</th>
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<tbody>
<tr>
<td>Male</td>
<td>549</td>
</tr>
<tr>
<td>Female</td>
<td>455</td>
</tr>
<tr>
<td>TOTAL</td>
<td>1,004</td>
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</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Number of Participants</th>
</tr>
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<tbody>
<tr>
<td>18-34</td>
<td>227</td>
</tr>
<tr>
<td>35-44</td>
<td>180</td>
</tr>
<tr>
<td>45-54</td>
<td>251</td>
</tr>
<tr>
<td>55-64</td>
<td>256</td>
</tr>
<tr>
<td>65+</td>
<td>88</td>
</tr>
<tr>
<td>TOTAL</td>
<td>1,002*</td>
</tr>
</tbody>
</table>

*Two participants declined to provide their age.
Summary of Key Findings

Out of the more than 1,000 U.S. adult workers surveyed, 80% said that they can identify at least one thing that stresses them out at the workplace. The top most-cited causes for stress are:

- Low pay
- Commute to and from work
- Unreasonable workload
- Annoying coworkers
8 out of 10 Americans are stressed by at least one thing at work.

Source: 2014 Work Stress Survey
Five participants declined to provide their age.

**MOST STRESSFUL ASPECT OF YOUR JOB**

- **Low Pay**: 13%
- **Commute**: 13%
- **Unreasonable Workload**: 12%
- **Annoying Coworkers**: 10%
- **Poor Work-Life Balance**: 8%
- **Not In Chosen Career**: 6%
- **No Chance To Advance**: 5%
- **Boss**: 5%
- **Fear Of Being Fired/Laid Off**: 4%
- **Poor Working Conditions**: 2%
- **Nothing**: 18%

Source: 2014 Work Stress Survey
Key Findings (cont.)

• “Commute to and from work” and “low pay” tied as the top stressors at work, each claiming 13% of those surveyed

• “Unreasonable workload” accounted for 12% of survey responses, while “annoying coworkers” accounted for 10%

• Only 18% of participants said nothing about their job stressed them out
Detailed Findings

Income, Education Play Key Role:
- Low pay is most often cited among those with household incomes of under $50,000 and those with less than college educations
- Highest earners and those with at least college educations more likely to cite unreasonable workload and poor work-life balance

Men & Women Closer to Agreeing:
- Whereas in pervious years women were significantly more likely to say low pay was their main workplace stressor, in 2014 14% of women chose low pay compared with 11% of men. In 2013, women selected low pay as the most stressful aspect of their job at nearly twice the rate of men (18% to 10%)

Regional differences
- 86% of respondents in the Northeast said something in the workplace stresses them out compared with 75% of Americans in the West. Low pay was the No. 1 reason by a high margin in the Northeast (17%) when compared to the West (11%)
CONTACT INFORMATION

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