

Adverse health effects of changing work circumstances

Adverse health effects of unemployment	Adverse health effects of restructuring	Adverse health effects of non-standard work arrangements
Elevated blood pressure Increased depression and anxiety	Reduced job satisfaction, reduced organizational commitment and greater stress	Higher rates of occupational injury and disease than workers with full-time stable employment
Increased visits to general practitioners	Feelings of unfairness in downsizing process	High level of stress, low job satisfaction and other negative health and well-being factors
Increased symptoms of coronary disease	Survivors face new technologies, work processes, new physical and psychological exposures (reduced autonomy, increased work intensity, changes in the characteristics of social relationships, shifts in the employment contracts and changes in personal behaviour)	More common in distributive and personal service sub-sectors where people in general have lower educational attainment and low skill levels
Worse mental health and greater stress	(reduced autonomy, increased work intensity, changes in the characteristics of social relationships, shifts in the employment contracts and changes in personal behaviour)	Low entitlement to workers' compensation and low level of claims by those who are covered
Increased psychological morbidity and increased medical visits	Changes in the psychological contract and lost sense of trust	Increased occupational health hazards due to work intensification motivated by economic pressures
Decreased self-reported health status and an increase in the number of health problems	Prolonged stress with physiological and psychological signs	Inadequate training and poor communication caused by institutional disorganization and inadequate regulatory control
Increase in family problems, particularly financial hardships	Prolonged stress with physiological and psychological signs	Inability of workers to organize their own protection
		Cumulative trauma claims are difficult to show due to mobility of workers
		Reduced ability to improve life conditions due to inability to obtain credit, find housing, make pension arrangements, and possibility for training
		Fewer concerns for environmental issues and health and safety at work