

Cranky and tired? It goes with the job

Fiona Carruthers

Need an extra chocolate bar – or a triple-shot macchiato – to get you through the working day? Take heart, you're not alone. Almost a quarter of the world's employees suffer the office blues, according to the latest survey from international professional services firm rogenSi.

In answer to the question "How are you feeling at this moment", 23.2 per cent of respondents reported experiencing five or more depressive symptoms from a list of 18.

The most commonly selected areas were: trouble sleeping, worried, tired all the time, lost interest, irritable, headaches, overwhelmed and tense muscles.

"That figure of almost 25 per cent roughly correlates with depression levels among the entire global population," said Clark Perry, a rogenSi director with a PhD in psychology who has worked as a team psychologist at four Olympic Games. "You'd expect the two figures to track and they definitely do."

For the Global Mindset Index, now in its third year, rogenSi interviewed 1100 randomly selected employees at every level, from board director to administrative clerks.

Optimism levels were a concern, with only 12 per cent feeling upbeat about their working future.

Most respondents said their emotions were determined by their results and achievements at work. "This is perhaps the most concerning aspect of the survey," Dr Perry said.

"It's strongly connected to the finding that many workers are depressed, that their concentration is poor and their motivation erratic. Often, the problem lies with the bosses. A lot of managers out there should be looking at themselves."