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Research Article

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An assessment of stress coping for mental health promotion among Information Technology employees in Japan

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Primary health care for mental health in workers should apply to actualities of workers' stress coping and stress response. We conducted an assessment by cross-sectional study concerning stress coping, job stress, and stress response among IT employees in Japan. Subjects were 75 healthy new employees (males). We used the 54-item Maslach Burnout Inventory-General Sur ...

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A self-defeating interpersonal style predicts depression over and above the Big 5 personality trait constructs

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Three hundred and fifty-three adult participants completed self-report measures assessing depression, the putative "Big 5" personality factors, socially desirable responding, and a new scale intended to measure the propensity to engage in a self-defeating interpersonal style of behavior (the SELF-DISS; Atkinson & Vernon, 2018). Our goals were to see whether SELF-DISS ...

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