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**MAY 06, 2011**

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## More Workers Need Stress Meds After Org Changes

The percentage of employees on stress-related drugs is higher for companies that have recently been through organizational change: It's about **5.7%** versus **5.1%** for companies that haven't changed, says a study by Michael S. Dahl of Aalborg University in Denmark. The most stress-inducing change is the type intended to increase coordination and cooperation, Dahl finds in his analysis of Danish firms and prescriptions for drugs used to treat such ailments as depression, anxiety, insomnia, tiredness, and pain.

Source: Organizational Change and Employee Stress

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