

RECOMMENDED READING ON WORKPLACE MENTAL HEALTH

Please note this is not intended to be a comprehensive list of research available on this topic. The majority of these resources can be accessed through our Resource Centre or online. In some cases, you may need to contact your local or tertiary library.

Readings and Research

New Zealand

Fursman, L. (2009, May). [*Finding time: parents' long working hours and impact on family life*](#). Wellington: Families Commission.

Duncan, C., & Peterson, D. (2007). [*The employment experiences of people with mental illness: a literature review*](#). Auckland: Mental Health Foundation.

Peterson, D. (2007). [*I haven't told them, they haven't asked: the employment experiences of people with experience of mental illness*](#). Auckland: Mental Health Foundation

Seek Limited. (2006). [*Seek Intelligence 2006: employee satisfaction and motivation*](#) Wellington & Auckland: Seek Limited.

Equal Employment Opportunities (EEO) Trust. (2006). [*EEO Trust work and age survey report 2006*](#). Auckland: EEO Trust.

Fursman, L. (2006). [*Work life balance in New Zealand: A snapshot of employee and employer attitudes and experiences ~ full report*](#). Wellington: Work-Life Balance Project Department of Labour.

Fursman, L. (2006). [*Work life balance in New Zealand: A snapshot of employee and employer attitudes and experiences ~ fact sheet summary*](#). Wellington: Work-Life Balance Project Department of Labour.

Ministry of Health. (2006). [*Employer and manager knowledge of and attitudes to mental health and mental illness*](#). Auckland: Phoenix.

Lennan, M., & Wyllie, A. (2005). [*Employer attitudes and behaviours relating to mental illness. A report for the Ministry of Health*](#). Auckland: Phoenix.

Shahtahmasebi, S. (2004). [*Quality of life: a case report of bullying in the workplace*](#). *Scientific World Journal*, 4, 118-123.

Work Life Balance Project. (2004). [*Achieving balanced lives and employment: what New Zealanders are saying about work-life balance*](#). Wellington: Department of Labour.

Department of Labour. (2003). [*Perceptions and attitudes towards work-life balance in New Zealand: a qualitative study*](#). Auckland: UMR Research.

O'Driscoll, M.P., Poelmans, S., Spector, P.E., Kalliath, T., Allen, T.D., Cooper, C.L., & Sanchez, J. (2003). Family-responsive interventions, perceived organizational and supervisor support, work-family conflict, and psychological strain. *International Journal of Stress Management*, 10(4), 326-344.

International

Martin, A. et al. (2009, January). [Meta-analysis of the effects of health promotion intervention in the workplace on depression and anxiety symptoms](#). *Scandinavian Journal of Work, Environment and Health*, 35(1), 7-18.

Corbière M, Shen J, Rouleau M, Dewa CS. (2009). [A systematic review of preventive interventions regarding mental health issues in organizations](#). *Work*, 33(1), 81-116.

Zechmeister, I, Kilian, R., McDaid, D., & Mental Health Economics European Union. (2008, January). [Is it worth investing in mental health promotion and prevention of mental illness? A systematic review of the evidence from economic evaluations](#). *BMC Public Health*, 8(20).

Van Oostrom, S. (2008, January). [Cost-effectiveness of a workplace intervention for sick-listed employees with common mental disorders: design of a randomized controlled trial](#). *BMC Public Health*, 14, 8-12.

Kuoppala, J. (2008, November). [Work health promotion, job well-being, and sickness absences--a systematic review and meta-analysis](#). *Journal of Occupational and Environmental Medicine*, 50(11), 1216-27.

Couser, GP. (2008). [Challenges and opportunities for preventing depression in the workplace: a review of the evidence supporting workplace factors and interventions](#). *Journal of Occupational and Environmental Medicine*, 50(4), 411-427.

Bambra, C. (2009). [Working for health? Evidence from systematic reviews on the effects on health and health inequalities of organizational changes to the psychosocial work environment](#). (2008, Dec). *Preventive Medicine*, 48(5), 454-61.

NICE. (2008, February). [Workplace interventions that are effective for promoting mental wellbeing: synopsis of the evidence and cost-effectiveness](#). London: National Institute for Health and Clinical Excellence (NICE).

LaMontagne, A. D. et al. (2007, December). [Protecting and promoting mental health in the workplace: developing a systems approach to job stress](#). *Health Promotion Journal of Australia*, 18(3), 221-8.

[The economics of mental health in the workplace: what do we know and where do we go?](#) (2007, October - December). *Epidemiologia Psichiatria Sociale*, 16(4), 294-8.

Tehrani, N. (2007, May). [What's happening with wellbeing at work](#). Change Agenda. London: CIPD.

SANE Research. (2006). [Employment and mental illness. Research Bulletin 3](#): Australia: SANE Australia.

Mindful Employer. (2006). [Mindful employer: what works: what doesn't](#). London: Mindful Employer.

Mindful Employer. (2006). [Mindful employer: working for health](#). London: Mindful Employer

MIND. (2006). [Building solutions 1: improving office environments](#). London: MIND.

LaMontagne D, Ostry, A. & Shaw, A. (2006). [Workplace stress in Victoria: developing a systems approach](#). Carlton South: Victorian Health Promotion Centre.

Developing Patient Partnerships. (2006). [Stress and wellbeing report 2006: report on new research into knowledge of stress and attitudes towards it in the UK](#). London: Developing Patient Partnerships.

Grove, B., Secker, J., & Seeböhm, P. (Eds.). (2005). [New thinking about mental health and employment](#). Oxford: Radcliffe Publishing.

MIND. (2005). [*Stress and mental health in the workplace: executive summary*](#). London: Mind.

Mental health first aid training in a workplace setting: A randomized controlled trial (2004)
<http://www.biomedcentral.com/content/pdf/1471-244X-4-23.pdf>

Books

New Zealand

Waring, M., & Fouche, C. (2007). *Managing mayhem: work-life balance in New Zealand*. Wellington: Dunmore Press.

Brown, D. (2004). *Beating stress at work: a safeguard survival guide*. Wellington: Brookers.

Rosier, Pat. (2001). *Workwise: a guide to managing workplace relationships*. Christchurch: Canterbury University Press.

Johnston, Fiona. (2001). *Getting a good night's sleep: a handbook for people who have trouble sleeping*. (2nd Edition). Auckland: Tandem Press.

Rabey, G. (1997). *Workplace leadership: moving into management today*. Palmerston North: Dunmore Press.

Hunter, D., Bailey, A., & Taylor, B. (1997) *Co-operacy: a new way of being at work*. Auckland: Tandem Press.

Toolkits

Mind Out. (2004). [*Line managers' resource: a practical guide to managing & support mental health in the workplace*](#). London: Mind Out.

Cobb, Alison. (2000). *Managing for mental health: the Mind information kit employer's resource pack*. London: Mind Publications.

Mind Out for Mental Health. (n.d.). *Working minds toolkit: a practical resource to promote good workplace practice on mental health*. London: Mind Out for Mental Health & Department of Health.

Guidelines and standards

New Zealand

Human Rights Commission. (2008). [*Getting a job: an A to Z for employers and employees pre-employment guidelines*](#). Wellington: Human Rights Commission.

Mental Health Foundation. (2007). [*Return to work: returning to work after experiencing mental illness and other mental health issues*](#). Auckland: Mental Health Foundation.

Duncan, C., & Peterson, D. (2007). [*The employment experiences of people with mental illness: a literature review*](#). Auckland: Mental Health Foundation.

Peterson, D. (2007). [*I haven't told them, they haven't asked: the employment experiences of people with experience of mental illness.*](#) Auckland: Mental Health Foundation

Health Workforce Advisory Committee. (2006, June). [*Summary of the national guidelines for the promotion of healthy working environments.*](#) Wellington: Health Workforce Advisory Committee.

Health Workforce Advisory Committee. (2006, June). [*National guidelines for the promotion of healthy working environments.*](#) Wellington: Health Advisory Committee.

Equal Employment Opportunities, (EEO) Trust. (2005). [*Employing disabled people: "the only true disability is a bad attitude".*](#) New Zealand: EEO Trust.

McLaren, K. (2004). [*Work in practice: best practice employment support services for people with mental illness.*](#) Wellington: Platform.

Craig, M., Bernhardt, J., Tse, S. (2002). *The enabling employment research project. The employer's perspective: people with experiences of mental illness in the New Zealand workplaces.* Otago: Schizophrenia Fellowship Otago Branch Inc.

Caird, B., & Stephens, M. (2000). [*Countering stigma and discrimination. Organisational policy guidelines for the Public Sector & Service Quality Guidelines for the Public Sector.*](#) Auckland: Mental Health Foundation of New Zealand.

International

(n.d). [*Management standards for work related stress.*](#) London: Health and Safety Executive.

Pamphlets

Hart, N. (2009). [*Eat smart, work right for shiftworkers - increase your energy and improve your sleep with smart food choices*](#) (2009). Auckland: Shiftwork Services and ACC.

Ministry of Health. (2009). [*Depression there is a way through it.*](#) Wellington: NZ Guidelines Group and Ministry of Health.

Mental Health Foundation. (2008, revised). [*Stress and how to handle it.*](#) Auckland: Mental Health Foundation.

Mental Health Foundation. (2008, revised) [*Anxiety and how to handle it.*](#) Auckland: Mental Health Foundation.

Mental Health Foundation. (2008). [*Men and depression.*](#) Auckland: Mental Health Foundation.

Like Minds Like Mine. (2007). *Employment: what you do makes the difference.* Wellington: Ministry of Health.

The Foundation library has a range of books for loan on wellbeing, stress management, workplace bullying etc.

Mental Health Foundation Resource & Information Service, PO Box 10051, Dominion Road, Auckland, 1446, 81 New North Road, Eden Terrace, Auckland, 1021, Phone (09) 300 7030, fax (09) 300 7020, Email: info@mentalhealth.org.nz, www.mentalhealth.org.nz