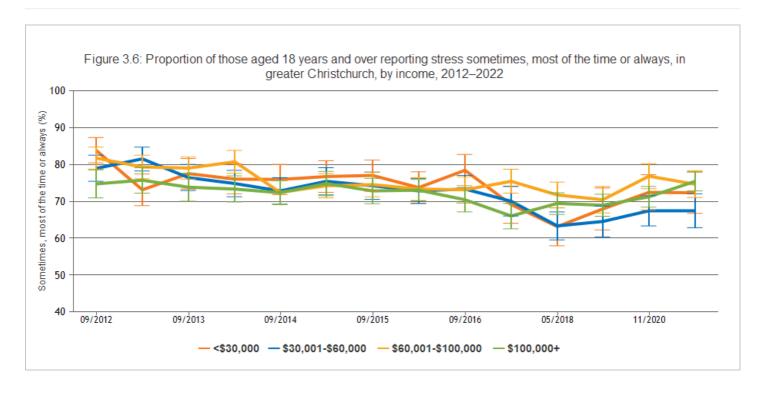


Stress: Breakdown by income

Downloaded from https://www.canterburywellbeing.org.nz/our-wellbeing/subjective-wellbeing/stress/#link-breakdown-by-income on 20/04/2024 12:05 PM



The figure shows the proportion of respondents reporting stress sometimes, most of the time, or always, for the annual household income groups <\$30,000; \$30,000 to \$60,000; \$60,001 to \$100,000; \$100,000+; for the years from 2012 to 2022. In 2022, there were statistically significant differences in the proportion experiencing stress at least sometimes, between the \$30,000 to \$60,000 household income group (67.4%) and both the \$60,001 to \$100,000 and the \$100,000+ household income groups (74.6%, and 75.4%. respectively). The proportion of respondents in the \$30,000 to \$60,000 household income group reporting stress at least sometimes was also statistically significantly lower than the \$60,001 to \$100,000 group in 2018 and 2020.

Data Sources for Stress

Source: Te Whatu Ora Waitaha Canterbury.

Survey/data set: Canterbury Wellbeing Survey to 2022. Access publicly available data from Te Mana Ora | Community and Public Health website www.cph.co.nz/your-health/wellbeing-survey/

Source data frequency: Annually.

Metadata for the Stress indicator is available at https://www.canterburywellbeing.org.nz/index-data

REFERENCES

This is the full reference list for Subjective Wellbeing.

- 1 Aked J, Marks N, Cordon C, Thompson S (2008) Five Ways to Wellbeing: A report presented to the Foresight Project on communicating the evidence base for improving people's well-being. London: New Economics Foundation.
- 2 Diener E, Wirtz D, Tov W, Kim-Prieto C, Choi D (2009) New measures of well-being: Flourishing and positive and negative feelings. Social Indicators Research 39: 247-266.
- 3 UK Government (2010) Confident communities, brighter futures: A framework for developing wellbeing. UK Government: Department of Health and New Horizons.
- 4 Beaglehole B, Mulder RT, Frampton CM, Boden JM, Newton-Howes G, et al. (2018) Psychological distress and psychiatric disorder after natural disasters: Systematic review and meta-analysis. *The British Journal of Psychiatry*: 1-7.
- 5 Bidwell S (2011) Long term planning for recovery after disasters: Ensuring health in all policies (HiAP). Community and Public Health for Healthy Christchurch. 4–5 p.
- 6 Bonanno GA, Diminich ED (2013) Annual Research Review: Positive adjustment to adversity -Trajectories of minimal-impact resilience and emergent resilience. *Journal of child psychology and psychiatry, and allied disciplines* 54: 378-401.
- 7 Galea S, Nandi A, Vlahov D (2005) The epidemiology of post-traumatic stress disorder after disasters. Epidemiol Rev 27: 78-91.
- 8 Lock S, Rubin GJ, Murray V, Rogers MB, Amlot R, et al. (2012) Secondary stressors and extreme events and disasters: A systematic review of primary research from 2010-2011. *PLoS Curr* 4.
- 9 Ramanathan CS, Dutta S, editors (2013) Governance, Development, and Social Work. London: Routledge Publishers (Taylor and Francis Group).
- 10 Bowling A (2001) Measuring Disease. A Review of Disease-specific Quality of Life Measurement Scales. Buckingham: Open University Press
- 11 CERA (2012) CERA Wellbeing Survey 2012 Report, prepared by AC Nielsen for the Canterbury Earthquake Recovery Authority. AC Nielsen and the Canterbury Earthquake Recovery Authority.
- 12 Topp CW, Ostergaard SD, Sondergaard S, Bech P (2015) The WHO-5 Well-Being Index: A systematic review of the literature. *Psychother Psychosom* 84: 167-176.
- 13 Selye H (1936) A syndrome produced by diverse nocuous agents. *Nature* 138.
- 14 Chandola T, Britton A, Brunner E, Hemingway H, Malik M, et al. (2008) Work stress and coronary heart disease: What are the mechanisms? *European Heart Journal* 29: 640-648.
- 15 Selye H (1976) Stress in health and disease. Stoneham MA: Butterworth-Heinemann.
- 16 World Health Organization (2013) Guidelines for the management of conditions specifically related to stress. Geneva: WHO.
- 17 CDHB (2020) Canterbury Wellbeing Survey, 2020: Report prepared by Nielsen for the Canterbury District Health Board and partnering agencies. Christchurch: Canterbury District Health Board.
- **18** The Quality of Life Project. Report prepared by Nielsen for the Auckland, Wellington, Christchurch, and Dunedin City Councils and partnering agencies. Available from: www.qualityoflifeproject.govt.nz/survey.htm.
- 19 Vaishnavi S, Connor K, Davidson JRT (2007) An abbreviated version of the Connor-Davidson Resilience Scale (CD-RISC), the CD-RISC2: Psychometric properties and applications in psychopharmacological trials. *Psychiatry research* 152: 293-297.
- 20 Windle G, Bennett KM, Noyes J (2011) A methodological review of resilience measurement scales. Health and Quality of Life Outcomes 9:
- 21 Davidson JRT (2020) Connor-Davidson Resilience Scale (CDRISC) Manual. Unpublished.
- 22 Connor KM, Davidson JR (2003) Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC).
- 23 Windle G (2011) What is resilience? A review and concept analysis. Reviews in Clinical Gerontology 21: 152-169.
- 24 Bonanno G (2004) Loss, Trauma, and Human Resilience: Have We Underestimated the Human Capacity to Thrive After Extremely Aversive Events? *American Psychologist* 59: 20-28.

- 25 Richardson GE (2002) The metatheory of resilience and resiliency. Journal of Clinical Psychology 58: 307-321.
- 26 Richardson GE, Neiger BL, Jensen S, Kumpfer KL (1990) The Resiliency Model. Health Education 21: 33-39.
- 27 Statistics New Zealand (2016) New Zealand General Social Survey 2016. Wellington: Statistics New Zealand.
- 28 Families Commission (2013) Families and whānau Status report: Towards measuring the wellbeing of families and whānau. Wellington: Families Commission.
- 29 Wollny I, Apps J, Henricson C (2010) *Can government measure family wellbeing?* London: Family and Parenting Institute. Available from: https://www.familyandparenting.org/Resources/ FPI/Documents/CanGovernmentMeasureFamilyWellbeing.pdf.
- **30** Cotterell G, von Randow M, Wheldon M (2008) *Measuring Changes in Family and Whānau Wellbeing Using Census Data, 1981–2006: A preliminary analysis.* Wellington: Statistics New Zealand.
- **31** Baker K (2016) *The Whānau Rangatiratanga Frameworks: Approaching whānau wellbeing from within Te Ao Māori*. Wellington: Social Policy Evaluation and Research Unit.
- 32 Fletcher M (2007) Issues in developing a conceptual framework for 'family wellbeing'. National Family Wellbeing Symposium, Canberra, 20–21 June 2007
- 33 Statistics New Zealand (2006) International developments in family statistics. Wellington: Statistics New Zealand.
- 34 Statistics New Zealand (2007) Review of official family statistics. Consultation Paper. New Zealand: Wellington.
- 35 Statistics New Zealand (2013) Te Kupenga 2013: A survey of Māori well-being questionnaire. Wellington: Statistics New Zealand.
- 36 Statistics New Zealand (2018) New Zealand General Social Survey 2018 data dictionary (version 29). Statistics New Zealand.