

Dear Sir/Madam,

**Study on Occupational Stress and Its Social and Economic Implication**  
**in Hong Kong**

Work-related stress is a growing problem around the world that affects not only the health and well-being of employees, but also the productivity of organizations and the social development at large. The Lingnan University was commissioned by Occupational Safety and Health Council to undertake a study on occupational stress and its social and economic implication.

This study is conducted by Prof. Oi-ling Siu, who is the Head of Department of Applied Psychology, and her research team. Prof. Siu has been engaged in the research field of occupational health psychology for many years, specifically occupational stress, work-life balance and environmental psychology, etc., and her research work has been highly recognized both regionally and internationally.

This study includes a large-scale, cross-sectional survey to investigate the occupational stress among Hong Kong employees from the perspective of social and economic impact. It integrates recent advances in stress research, as well as theories and practices in industrial and organizational psychology. It covers a wide range of industries, including construction, education, health care, insurance, public administration, transpiration, accommodation and food services, etc.

A questionnaire survey will be conducted in this study and the target respondents are the employees in Hong Kong. The results from this study will identify the occupational stress situation in Hong Kong and the possible social and economic loss due to occupational stress. The findings will strengthen the scientific basis for developing occupational safety and health policy and guidelines in the future. All information collected (including the information of employees and organizations) will be *kept confidential*.

We cordially invite your organization to participate in this questionnaire survey. Participants can choose to fill out the questionnaire online or on the printed copies. Each questionnaire takes about 20 mins and a *coupon of HK\$50* will be offered to each participant upon completion of the questionnaire. Furthermore, in order to acknowledge the support of your organization, we are pleased to provide a *confidential report which only reflects the occupational stress level of your employees* at the request of your organization. In addition, we are also pleased to deliver a *seminar on occupational stress for free* for your organization to strengthen the knowledge and skills of employees about occupational stress management.

Please contact our Research Officer, Mr. Zenith Chiu (Tel.:2616 7229; email: [suilunchiu@ln.edu.hk](mailto:suilunchiu@ln.edu.hk)), who would be more than delighted to provide you the questionnaires and the details of this study.

Thank you very much for your cooperation and your participation will definitely contribute to promoting occupational safety and health culture in Hong Kong.

Yours sincerely,



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Professor and Head of Department of Applied Psychology,  
Lingnan University