

Title	Occupational Stress and Variation in Cigarette, Coffee, and Alcohol
Author	Terry L. Conway; Ross R. Vickers, Jr.; Harold W. Ward; Richard H. Rahe
Source	Journal of Health and Social Behavior
Pub Date	1981
Keywords	
Abstract	<p><i>The impact of occupational stress on self-reported cigarette, coffee, and alcohol consumption was investigated in a longitudinal field study. Substance consumption and subjective stress indicators were measured repeatedly for 34 men performing a job with known systematic variation in stress. Habitual cigarette smoking and coffee drinking were positively associated with chronic tendencies to perceive high stress; no associations were found between chronic alcohol consumption and stress perceptions. Consumption of all three substances varied significantly across days that differed in perceived stress level. On the average, there was more cigarette smoking and more coffee drinking, but less alcohol consumption, under high stress. These general effects of stress appeared to depend largely on the behavior of only a few of the participants, as the association between subjective stress indicators and substance consumption within individuals was not consistent across all of them. These findings suggest that there can be important individual differences in the tendency to increase or decrease habitual substance consumption in response to varying levels of stress. This possibility should be considered when constructing models that include behavioral responses to stress.</i></p>