A systematic review of the impact of work schedules on employee health

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PROJECT OVERVIEW:

This project has investigated the impact of work patterns (e.g. job strain and long work hours) on health outcomes such as obesity and general health status. This review focused specifically on the impacts of job strain on work-family conflict and how this impacts on the health and well-being of Australian employees. The results provide insight into the adverse effects of demanding jobs on employee health.

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