

## **As Workplace Stress Intensifies, Report Explores Causes and Effects Specific to Key Occupations**

**MOUNTAIN VIEW, Calif., October 11, 2011**—CPP, Inc. ([CPP.com](http://CPP.com)), an industry leader in research, training and organizational development tools, including the [Myers-Briggs Type Indicator® \(MBTI®\)](#) assessment, today unveiled the results of its [“Indicators of Stress for Top Professions”](#) report. Based on statistics gathered from more than 800,000 administrations of the MBTI assessment and CPP’s \*MBTI® Type Tables for Occupations, this report explores the causes and effects of stress within a number of top professions in the United States.

The report summarizes descriptions of characteristics under normal circumstances for the most frequently occurring personality types in highlighted professions, external stress signs and triggers related to those types, and tips for managing type-specific stress.

“With continued economic uncertainty and businesses continuing to ask more from their workforce, stress is increasingly present in the workplace and has the potential to be harmful both to the individual and colleagues,” said Michael Segovia, CPP Lead Certification Trainer. “With professionals doing more with less, learning how to recognize the signs allows individuals to avoid reaching their breaking point, and enables organizations to proactively manage stress and maintain efficiency.”

Because individuals of similar personality types tend to gravitate toward certain careers, professionals within those careers often experience common stress triggers, exhibit similar signs of stress, and benefit from the same stress management techniques. “Indicators of Stress for Top Professions” breaks down the signs of stress and individual stressors for the top professions, including reporters, teachers, police officers, surgeons, psychiatrists, payroll clerks, and accountants, among other careers. The following is a sample from four professions of how stress is examined in the report:

### Insight into the Personality Type Most Frequent to Reporters & Teachers

- Signs of Stress:
  - Obsessing about irrelevant details and facts
  - Being pessimistic and incapable of seeing the big picture
- Stressors
  - Working within a highly structured, rigid, detail-oriented environment
  - Feeling distrusted, disrespected, ignored, not recognized

### Insight into the Personality Type Most Frequent to Police Patrol Officers & Surgeons

- Signs of Stress:
  - Being hypersensitive, easily hurt, overly sentimental
  - Feeling unappreciated, taken for granted
- Stressors:
  - Not having control of your own time and schedule
  - Being in a disorganized, chaotic environment

For more information on CPP Inc.’s “Indicators of Stress for Top Professions” report, please visit [www.cpp.com/mbtistress](http://www.cpp.com/mbtistress).

### **About CPP, Inc.**

Since its founding in 1956 CPP, Inc., has been a leading publisher and provider of innovative products and services for individual and organizational development, supplying reliable training solutions to businesses of all sizes, including the Fortune 500. The company’s hundreds of offerings have been used

by millions of individuals in more than 100 countries, in more than 20 languages, to help people and organizations grow and develop by improving performance and increasing understanding. Among CPP's world-renowned brands and services are the *Myers-Briggs Type Indicator*®, *Strong Interest Inventory*®, *Thomas-Kilmann Conflict Mode Instrument* (TKI), FIRO®, CPI 260®, and *California Psychological Inventory*™ (CPI™) assessments, and CPP Professional Services. For more information on CPP, visit [www.cpp.com/mbtistress](http://www.cpp.com/mbtistress).

\*MBTI® Type Tables for Occupations, by Nancy A. Schaubhut and Richard C. Thompson, CPP, Inc., 2008.