

## Everyday stressors causing distress in the workplace: A systematic review

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The contributors to chronic stress in the workplace have been well established in existing research. How everyday stressors translate to long-term risk factors for chronic stress remains an open question, however. In our literature review, we tackled the question of which everyday workplace experiences cause stress as their immediate consequence. We were interested in what is termed as acute, periodic, episodic, or everyday stress, that is, non-chronic types of stress. To capture day-to-day variations in these experiences, we included only studies that assessed stress repeatedly or monitored it continuously, such as by using ecological momentary assessment (EMA).

A search strategy was devised and applied in the following databases: CINAHL, Embase, ERIC, PsycARTICLES, PubMed, Scopus, and Web of Science. We deduplicated records in EndNote, assessed the titles and abstracts against eligibility criteria by using Rayyan and selected a minority of them for full-text screening. A subset of papers was included in the final review and evaluated for quality using the QualSyst tool at study level and using the GRADE approach at body of evidence level. The systematic review has been registered on PROSPERO (Registration Number: CRD42018105355).

We will compile a list of (non-chronic) stressors, i.e. daily experiences that elicited stress in the workplace. In case they are reported systematically enough throughout the literature, they will be rated in terms of their importance. Finally, subgroup comparisons will be carried out from the point of view of occupational classification.

Keywords: stress, work, ecological momentary assessment (EMA), day-to-day