

Workplace Stress: Annotated Bibliography

Barber, L. K., Grawitch, M. J., & Maloney, P. W. (2016). Work-life balance: Contemporary perspectives. In M.J. Grawitch & D. W. Ballard (Eds.), *The psychologically healthy workplace: Building a win-win environment for organizations and employees* (pp. 111-133).

A Reference entry's first line is left justified; subsequent lines employ the hanging indent.

Any sans serif font is acceptable. Ex. Calibri size 11 or Times New Roman size 12.

American Psychological Association. <https://doi.org/10.1037/14731-006>

This book chapter provides an overview of the psychosociological concept of work-life balance.

The authors discuss findings from studies showing harmful effects of work-life conflict on psychological and behavioral health as well as beneficial effects of work-life facilitation, wherein one role makes a positive contribution to the other. The chapter concludes with a description of work-life balance initiatives that organizations have adopted to help employees manage their dual work and nonwork obligations and some of the key factors influencing their effectiveness.

All entries offer a summary of the article.

Carlson, D. S., Thompson, M. J., & Kacmar, K. M. (2019). Double crossed: The spillover and crossover effects of work demands on work outcomes through the family. *Journal of Applied Psychology*, 104(2), 214-228. <https://doi.org/10.1037/apl0000348>

Annotated bibliographies are double spaced with no extra spaces.

Carlson et al. (2019) conducted an empirical study to examine the multiple paths through which work and family variable can affect work outcomes. Whereas Barber et al. (2016) explored how work obligations can increase stress or enhance fulfillment at home, Carlson et al. viewed work demands as raising family stress, with potential negative consequences on work performance.

Give in-text citations only if referencing other sources.

Results supported a model in which direct effects of work demands and spillover effects of work demands to work-to-family conflict led to lower job satisfaction and affective commitment, as well as crossover effects of work-to-family conflict, spousal stress transmission, and later family-to-work conflict on organizational citizenship and absenteeism. Overall, the study demonstrated a link from work demands to work outcomes when considering the family, but those paths differed depending on whether attitudinal or behavioral work outcomes were examined.

If relevant or necessary, include how sources relate to each other and/or an evaluation of each source.

This example is located on p. 308 of *Publication Manual of the American Psychological Association 7th Edition*. It is figure 9.3