

Bad Bosses Can Cause Heart Attacks

by Michelle K. Beckett

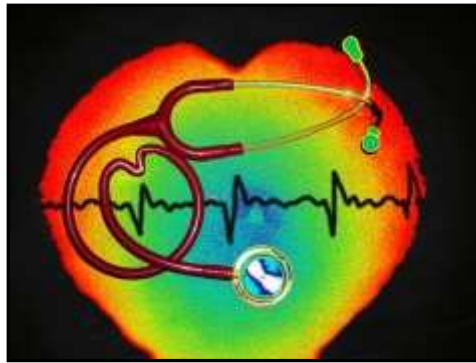


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It's official - having a bad boss could be bad for your heart. This is the conclusion of a Swedish study on management styles and health.

The Stockholm University study analysed data on the health of 3,000 male workers.

Then they compared the data with the results from questionnaires about senior managers.

The questions asked workers if they thought their boss was considerate, communicated well and offered positive feedback.

Other questions concentrated on how much work bosses gave to workers and how well they presented their goals. The research team discovered that workers who respected their bosses were healthier and had fewer heart problems.

The report says that companies should re-train bosses to improve worker health. Healthier workers will improve the health of the company. Companies will benefit from providing leadership skills to senior managers.

Magnus Larsson, an engineer for a large IT company, agreed with the results of the report. He believes his heart attack last year was because of his boss: "The man was a monster. Working for him was a daily nightmare for eight years," Larsson said.