

# Partnership Relation Quality modulates the effects of Work-stress on health.

Ann-Christine Andersson Arntén  
Department of Psychology, 2009

---

Avhandling för avläggande av filosofie doktorsexamen i psykologi, som med vederbörligt tillstånd av samhällsvetenskapliga fakulteten vid Göteborgs Universitet kommer att offentligens försvaras fredagen den 5 juni, 2009, kl. 09.30, sal F1, Psykologiska Institutionen, Haraldsgatan 1, Göteborg

Fakultetsopponent: Professor Milton Diamond, John A. Burns School of Medicine, Anatomy, Biochemistry & Physiology, University of Hawaii, Hawaii, United States.

---

This thesis consist of a summary and the following four papers:

- I Andersson Arntén, A-C., Jansson, B., & Archer, T. (2008). Influence of Affective Personality type and gender upon coping behavior, mood, and stress. *Individual Differences Research*; 6(3): 139-168.
- II Andersson Arntén, A-C., Jansson, B., & Archer, T. (2008). Self-reported partnership relations and work-stress as predictors of health and illhealth. *Submitted article*.
- III Andersson Arntén, A-C., Rosén, S., Jansson, B., & Archer, T. (2008). Partnership relations mediate work-stress effects on health. *Submitted article*.
- IV Andersson Arntén, A-C., & Archer, T. (2008). Sexual satisfaction as a function of partnership attributes and health characteristics: effect of gender. *Submitted article*.



UNIVERSITY OF GOTHENBURG

**ABSTRACT**

The present studies included 884 participants in total, in five different studies referred to in the four articles. All five studies observed participants from different types of occupation in order to obtain a distribution and a diversified group of individuals. These occupations, that are representative, cover both private and public sectors and occupations that require longer as well as shorter educational backgrounds. Moreover, both ‘blue-collar’ and ‘white-collar’ personnel are included. The over-all conclusion is that partner relation quality and sexual life satisfaction may function as a buffer against the negative effects that work-related stress have upon health. Moreover, the results indicate that affective personality is associated with health variables such as depression, anxiety, general stress, energy, and psychological and somatic subjective stress reactions. Furthermore, the results indicate gender differences concerning affective personality, partnership relations quality, sexual life satisfaction and work-related stress that will eventually require deeper examination. Taken together, the consensus of these findings indicate the very real advantages present in partnership relation described by tenderness and understanding and parked by a ‘nutmeg of passion’.

Key words: positive and negative affect, work-related stress, partnership relation quality, sexual life satisfaction.