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ASSESSING THE PORTABILITY OF THE STANDARD SHIFTWORK INDEX:
THE IMPACT OF SHIFTWORK ON A NEW ZEALAND
TELEVISION PRODUCTION SAMPLE.

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ABSTRACT

The portability of the Standard Shiftwork Index (SSI) and the impact of shiftwork was assessed on a sample of television production employees in Auckland, New Zealand. Sixty three respondents completed the SSI and reported a moderate impact of shiftwork on physical and psychological health and moderately high sleep disturbance. Social and domestic life yielded the greatest detrimental impact. Gender related coping strategies was the only significant difference within the sample. Chronic fatigue, somatic anxiety, general job satisfaction and disengagement were significantly related to intention to leave the organisation. Statistical analysis of effect size indicated equivalent levels of power in both the U.K and the present sample. Overall, the results for the present sample were comparable to the U.K sample, indicating the portability of the SSI to the present sample. Organisational restructuring was considered a potential moderator of the overall moderate impact of shiftwork on the sample.