

## COM101: The Communication Corner

[Back to Main Page](#)

### Search COM101

Search only in titles:

**Search**

[Advanced Search](#)

### Sponsors



### Bad bosses make workers sick



Photo: [Steve Knight](#)

The next time your coworkers tell you that the boss is making them sick, keep in mind that they may mean it literally. According to Swedish researcher Anna Nyberg, workers with bad bosses are likely to feel more stressed and emotionally exhausted than those whose bosses displayed good leadership skills. In addition, employees with bad bosses take more sick days, leave their jobs because of illness, and may even develop heart disease.

In her doctoral thesis for Karolinska Institutet, titled "[The Impact of Managerial Leadership on Stress and Health Among Employees](#)", Nyberg also outlined the behaviors that bosses exhibit that contribute to making employees sick—including forcing their opinions on their employees, insincerity, and hostility. On the other hand, good bosses are linked to better health outcomes of employees. These bosses are those who inspire their workers, encourage them to professionally develop in the workplace, and facilitate a constructive team environment.

During this study, Nyberg worked with about 20,000 workers in Sweden, Germany, Italy, Poland, and Finland. She received information from these employees about their stress levels, the status of their health, the amount of sick leave that they took, and what behaviors their bosses exhibited in the workplace.

*This article originally appeared on my [Workplace Communication Examiner](#) page on November 4, 2009.*

#### More COM101:

[Daylight Savings Time associated with workplace injuries](#)

[Disenfranchised grief: What 9/11 means to me...now](#)

[Trusting people can spot liars more readily](#)

[Lazy workers are unhappy workers, study finds](#)

[Research shows link between workplace gossip and office politics](#)



Posted by Kenya McCullum at [September 12, 2010](#)

Categories: [Verbal Communication](#), [Productivity](#), [Health Communication](#), [Nonverbal Communication](#), [Emotions](#), [Organizational Communication](#), [Insecurity](#), [Morale](#), [Workplace Communication](#)

Tags: [Anna Nyberg](#) [The Impact of Managerial Leadership on Stress and Health Among Employees](#) [Karolinska Institutet](#) [Bad Boss](#)

[Previous Post](#)

[Next Post](#)

### Recent Posts

[For conspiracy theorists, any story will do](#)  
Saturday, March 17, 2012

[How to spot liars on online dating sites](#)  
Wednesday, February 29, 2012

[How organizational hierarchy affects language in workplace e-mail](#)  
Wednesday, February 29, 2012

[Do psychopaths use language differently from everyone else?](#)  
Wednesday, February 29, 2012

### Trackbacks

[Trackback specific URL for this post](#)

October 13, 2010 COM101: The Communication Corner wrote:

Photo: Rachel Crews Among all of the difficult people found in the workplace, bad bosses can make our lives the most miserable. Some don't give employees any feedback all year, but then give them bad