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A BIBLIOGRAPHY OF SHIFT WORK RESEARCH: 1950-1982

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16. Abstract

This bibliography was developed as part of a research task concerning the impact of shift work on employee job satisfaction, productivity, perceived job difficulty, and subjective health. Some selectivity was exercised in the choice of references for inclusion: (i) the search covered the years 1950 through 1982; (ii) there was an emphasis on human versus animal studies; and (iii) the focus of the selected article or study had to be on the effects of an actual alteration in sleep/work hours. The latter criterion involved the exclusion of a large number of citations concerning the assessment of circadian effects on physiological responses and performance. However, an included reference by Holly et al (1981) provides a rather extensive bibliography that is more specifically focused on circadian influences on physiological and psychological variables. Since time zone changes during flight are equivalent to rapid shifts in work/sleep hours, and since this is an area of interest to the FAA, references on this topic were included. Of the citations, approximately 8% are from the 1950's, 20% from the 1960's, and slightly over half from the 1970's. The most productive year was 1981 (nearly 10% of the references), when several books on the shift topic were edited and published. Significant improvements in the quality of the research analyses have been observed over this same time period, with the increased use of multivariate techniques illustrating the highly complex nature of individual responses to alternating work schedules. However, it is also apparent that there has been some duplication of effort and investigators need to be more aware of the available world-wide literature.

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FORWARD

A significant percentage of FAA employees work rotating shift schedules. This bibliography contains articles with useful data for analyzing human relations, productivity, and other concerns about possible short and long term consequences of shift work, as well as providing information relevant to any future modifications in shift work schedules.

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