

Table 1 Characteristics of the sample of bank workers in Kuwait ( $n = 750$ )

Characteristic	No.	%
<b>Sex</b>		
Male	356	47.5
Female	394	52.5
<b>Mean (SD) age (years)</b>	33.2 (9.1)	
<b>Nationality</b>		
Kuwaiti	404	53.9
Non-Kuwaiti	346	46.1
<b>Marital status</b>		
Married	472	62.9
Single	278	37.1
<b>Education level</b>		
Secondary or less	67	8.9
Post-secondary institute	256	34.2
University	387	51.6
Higher university	40	5.3
<b>Mean (SD) time in Kuwait (years)</b>	19.1 (11.8)	
<b>Smoker</b>		
Yes	193	25.7
No	557	74.3
<b>Alcohol drinker</b>		
Yes	73	9.7
No	677	90.3
<b>Job</b>		
Clerical	43	5.7
Public relations	69	9.2
Customer services	377	50.3
Supervisor	18	2.4
Assistant manager	46	6.1
Manager	95	12.7
Other	102	13.6
<b>Mean (SD) job duration (years)</b>	7.6 (7.5)	
<b>GHQ12 score</b>		
Normal (0-12)	472	62.9
Mild distress (13-24)	263	35.1
Moderate to severe distress (25-36)	15	2.0
<b>Mean (SD) score</b>	11.5 (5.4)	

SD = standard deviation; GHQ12 = 12-item general health questionnaire.