

Table 3 Association between workplace stress score and cardiovascular risk factors

Characteristics	Workplace stress score			χ^2 test /Fisher's exact test P
	Handling well	Handling moderately well	Encountered problems	
Smoking				
Non-smokers	17 (43.6)	53 (34.2)	12 (30.0)	$\chi^2 = 1.748$
Smokers	22 (56.4)	102 (65.8)	28 (70.0)	P = 0.417
Body mass index				
Normal	18 (46.2)	66 (42.6)	9 (22.5)	$\chi^2 = 6.157$
Overweight/ obese	21 (53.8)	75 (57.4)	15 (77.5)	P = 0.046
Portions of fruit/vegetables/day				
≥ 5	7 (17.9)	14 (9.0)	1 (2.5)	Fisher's exact test = 5.265
<5	32 (82.1)	141 (91.0)	39 (97.5)	P = 0.079
Regular physical exercise				
Yes	5 (12.8)	9 (5.8)	1 (2.5)	Fisher's exact test = 3.346
No	34 (87.2)	146 (94.2)	39 (97.5)	P = 0.209
High blood pressure				
No	34 (87.2)	102 (65.8)	20 (50.0)	$\chi^2 = 12.436$
Yes	5 (12.8)	53 (34.2)	20 (50.0)	P = 0.002
Hyperglycaemia				
No	37 (94.9)	143 (92.3)	35 (87.5)	Fisher's exact test = 1.491
Yes	2 (5.1)	12 (7.7)	5 (12.5)	P = 0.520