



PSY 222 Module Two Activity

Sarah Strom

Christina Branham

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Article 1: [Corporate Wellness Programmes in Singapore: Effect on Stress, Satisfaction and Absenteeism](#)

Scholarly or non-scholarly?

This research study is a scholarly resource; considering, the study comes from the Journal of Managerial Psychology. The article is also listed as peer-reviewed on the Gale Academic Onefile.

Empirical or non-empirical?

The research study is empirical because the author includes their own research data and conclusions. For example, the author writes, "The results of the study indicate that organizations which offer wellness programmes to their staff are perceived more positively by their employees in terms of their attitudes towards the organizations, job satisfaction levels and satisfaction with fringe benefits" (Ho, 1997, para. 50). If they incorporate data and conclusions from other studies, the article would be considered non-empirical.

Article 2: [Impact of Worksite Wellness Intervention on Cardiac Risk Factors and One-Year Health Care Costs](#)

Scholarly or non-scholarly?

The research study is a scholarly resource. The article is from The American Journal of Cardiology and it is a peer-reviewed source. The article also includes a list of references.

Empirical or non-empirical?

The research study is an empirical source. The author includes original data and conclusions. The author states, "Our program used health educators, dietitians, exercise physiologists, psychologists, and nurses from CRET services provided at our institution to create activities and educational events that targeted high-risk behaviors in employees at the worksite" (Milani & Lavie, 2009, para. 12). Which shows that the article is empirical.

Article 3: [Effects of Occupational Stress Management Intervention Programs: A Meta-Analysis](#)

Scholarly or non-scholarly?

The research study is a scholarly source. The SNHU Shapiro Library lists the article as a peer-reviewed Journal. The article is from a scholarly source, the Journal of Occupational Health Psychology.

**Empirical or non-empirical?**

The research study is non-empirical. The author refers to numerous others studies and does not provide their own original data. This is proven by the quote, "Studies that assessed the effectiveness of a worksite SMI were collected from a variety of sources. Because our intent was to build on the van der Klink et al. (2001) meta-analysis, we began by obtaining all 45 studies used in that review" (Richardson & Rothstein, 2008, para. 21).

Article 4: [Enhancing Workplace Wellness Efforts to Reduce Obesity: A Qualitative Study of Low-Wage Workers in St Louis, Missouri, 2013–2014](#)**Scholarly or non-scholarly?**

The research study is a scholarly source. The article has been peer-reviewed and was published in the Preventing Chronic Disease journal. It also contains a long list of references at the end.

Empirical or non-empirical?

This article is empirical because the authors wrote about the data they collected from their own original study. People know this article is empirical by reading the quote, "We partnered with a large health care system and a national labor union representing retail workers to recruit study participants. Qualitative data collection included interviews with key informants (eg, employer representatives, union leaders, benefits administrators) and worker focus groups with both partner organizations" (Strickland, Eyler, Purnell, et al., 2015, para. 5).

Article 5: [Promoting Prevention Through the Affordable Care Act: Workplace Wellness](#)**Scholarly or non-scholarly?**

This research study is considered scholarly. It is peer-reviewed, has a list of references, and was published in the Preventing Chronic Disease journal. The article is also more detailed in information and is not targeted toward the general public.

Empirical or non-empirical?

The research study is considered to be non-empirical. The other refers to other studies that have been developed instead of referring to their own original study. We see this when we view the quote: "Employees are older, and the numbers of employees with chronic conditions, including depression, anxiety, and diabetes, are increasing (11)" (Anderko, Roffenbender, Goetzel, & et al., 2012, para. 5). The number in the parenthesis refers to a specific article listed in the references. Numbers like theses are placed throughout the article, suggesting that most of the information in the article is from other articles.

Article 6: [The Risks of Using Workplace Wellness Programs to Foster a Culture of Health](#)**Scholarly or non-scholarly?**

This research study is a scholarly source because ProQuest lists the article under "Scholarly Journals", the article includes a references list, and the article was published in the Health Affairs journal.

Empirical or non-empirical?

This research study is non-empirical. The offer references numerous other studies, but not their own. For example, the author says, "A 2015 employer survey suggested that the average cost for a health insurance policy covering a single individual was more than \$6,000 per year,3 which means that the ceiling for health program incentives is typically about \$1,800" (Madison, 2016, para. 14).

Article 7: [Managing Employee Stress and Wellness in the New Millennium](#)

Scholarly or non-scholarly?

This research study is a scholarly source. The article is listed as a peer-reviewed article and has a long list of references. Information in the article is more detailed and is not written in a way that targets the general public. The article was also published in the Journal of Occupational Health Psychology.

Empirical or non-empirical?

The research study is non-empirical because the author does not provide information on their own original study, instead they refer to other articles and studies for information. For example, the author says, "Another gap in the literature cited by Richardson and Rothstein (2008) was that researchers often choose outcome measures that are aligned with the intervention (e.g., exercise programs that assesses physiological as opposed to psychological measures)" (Richardson, 2017, para. 9).

Article 8: [How Well Do Workplace Wellness Programs Work?](#)

Scholarly or non-scholarly?

The research study is a non-scholarly source because it does not have a references list. The article is in the form of a blog and is not peer-reviewed.

Empirical or non-empirical?

This research study is non-empirical. After reading the quote, "Researchers from the University of Chicago and Harvard may have overcome some of these obstacles with one of the first large-scale studies to be peer-reviewed and employ a randomized controlled trial design. They published their findings Tuesday in the medical journal JAMA" (Appleby, 2019, para. 5), we learn that the author does not provide information on a study they conducted. Instead, they explain a study that was conducted by the University of Chicago and Harvard.

Article 9: [Workplace Wellness Programs: Right or Wrong?](#)

**Scholarly or non-scholarly?**

The research study is a scholarly source because it is peer-reviewed. The article also consists of a references list and was published in the Physician Leadership Journal.

Empirical or non-empirical?

The article is non-empirical because the author does not use information from their own study. They reference other studies' findings. In the article, the author writes, "Proponents of workplace wellness programs immediately point to a Harvard meta analysis published in Health Affairs with an abstract describing a \$6 return for every \$1 invested in such programs (\$3.27 via wellness programs and \$2.73 via reduced absenteeism)" (Bottles, 2015, para. 5).

Article 10: [Why Your Workplace Wellness Program Isn't Working](#)**Scholarly or non-scholarly?**

Although this research study was published in the Gallup Business Journal, it is not considered a scholarly source because is not listed as a peer-reviewed source and it does not provide a reference list.

Empirical or non-empirical?

This study is an empirical source because the author shares data and findings from the research done by the company Gallup. Gallup is the same company who published the article (Gallup Business Journal). The author refers to the company Gallup numerous times in their article. For instance, when the article says, " Though more than 85% of large employers offer a wellness program, Gallup research shows that only 60% of U.S. employees are aware that their company offers a wellness program -- and only 40% of those who are aware of the program say they actually participate in it" (O'Boyle, 2014, para. 5).



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