

**Hari worries about work. He lies awake at night worrying that he is not good enough for the job and does not want to go to work in the morning. He thinks that his workmates laugh at him and gets embarrassed when they try to talk to him. He avoids his supervisor because he thinks that his supervisor will tell him off for not working hard enough.**

Describe stress inoculation therapy as a way of managing stress and explain how Hari's stress could be managed using stress inoculation. **(8 marks)**

**Sample Answer:**

**AO1 (4), AO2 (4)**

Stress Inoculation therapy (SIT) is one way of managing stress, which was an idea designed by **Meichenbaum (1985)**. He argued that just as people can be inoculated against a flu virus, they could also be inoculated against stress and become stress resistant. SIT involves cognitive restructuring or changing the patient's thoughts about the source of stress and their ability to control it. It is based on the idea that thoughts affect emotions and behaviour, so by changing thoughts, people will change their emotional response and subsequent behaviour. There are three stages of SIT; conceptualisation (identifying negative thoughts and situations that provoke stress), skill acquisition and rehearsal (learning coping strategies, e.g. relaxation and positive self-talk), and application (where newly acquired skills are put into practice in role play or visualisation). If Hari had stress inoculation therapy, he would need to go through all three stages. Hari firstly needs to identify his negative thoughts, e.g. that 'he is not good enough', or that 'his workmates will laugh at him', and 'his supervisor will tell him off'. Hari then needs to develop strategies to use when he is stressed such as positive self-talk like 'I am as good as anyone at this job' or 'my workmates are good natured and fun' or 'my supervisor knows I work hard'. This will help Hari build confidence in himself and reduce the stress he is experiencing at work. He could also use relaxation techniques like breathing techniques before he goes into work each day to calm his nerves. Hari could practice these skills at home or with the support of a therapist in a clinic. This SIT would help Hari manage his stress.

