Anticipation and the cortisol awakening response within a dynamic psychosocial work environment
Campbell, Thomas; Westbury, Tony; Davison, Richard; Florida-james, Geraint

Published in: Psychophysiology

DOI: 10.1111/psyp.12950

Published: 12/11/2017

Document Version
Peer reviewed version

Link to publication on the UWS Academic Portal

Citation for published version (APA):

General rights
Copyright and moral rights for the publications made accessible in the UWS Academic Portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

Take down policy
If you believe that this document breaches copyright please contact pure@uws.ac.uk providing details, and we will remove access to the work immediately and investigate your claim.

Download date: 27 May 2021
"This is the peer reviewed version of the following article: Campbell, T., Westbury, T., Davison, R., & Florida-James, G. (2017). Anticipation and the cortisol awakening response within a dynamic psychosocial work environment. Psychophysiology, 54(S1), S85-S85. [Poster 2-060], which has been published in final form at https://doi.org/10.1111/psyp.12950. This article may be used for non-commercial purposes in accordance with Wiley Terms and Conditions for Use of Self-Archived Versions."

The cortisol awakening response (CAR) is a distinct element of the diurnal pattern of cortisol release, believed to be partly driven by the anticipation of the demands of the upcoming day. Although evidence suggests that the response may be associated with various ergonomic factors, the influence of temporal variation in anticipated workplace characteristics upon the CAR remains unclear. The current study examined the CAR on two work days of differing levels of anticipatory demand (high/low) and a single weekend day through repeated assessment of healthy higher education employees (N=15). Participants provided saliva samples immediately upon awakening and thirty minutes thereafter on all three assessment days. A paired t-test confirmed that the two work days differed significantly in terms of perceived acute demand and a repeated measures ANOVA revealed a significant main time effect, confirming the presence of a distinct rise in salivary cortisol over the thirty minutes post awakening. This response was found to differ according to the type of day being greater on the “high” compared to the “low” demand day, or the weekend. These findings suggest that the CAR is influenced by the relative perceived level of acute anticipatory work-related demand of the assessment day, highlighting the importance of attending to the dynamics of the environment when employing real-world psychoneuroendocrine assessments.