

Computer problems driving people to drink

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A British survey says stress over work and computer-related problems is driving people to cigarettes and alcohol.

The poll by the group Developing Patient Partnerships showed more than a third of men and a quarter of women have a drink to cope with stress, the BBC reported.

Of the 1,000 people polled, 27 percent of men and 23 percent of women say they light up a cigarette in stressful situations.

Almost one third said technology-related problems were a major source of stress, the BBC said.

Only 23 percent of people said they would speak to their managers about their stress but 41 percent said they would seek help from their doctor.

"Considering that most people -- 79 percent -- believe they have been stressed in the last year, it is worrying that they are seeking solace in alcohol and cigarettes when there are many positive things that people can do to help themselves cope plus feel better in the long term," said DPP spokeswoman Dr. Rosemary Anderson

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