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Employment-related Demands and Resources – New Ways of Researching Stress in Flexible Work Arrangements**

Research into the relation between flexible work and health and well-being has been inconclusive so far. In this paper, empirical evidence is provided for the employment relationship as a new source of stress in flexible work. Employment-related demands and resources explain additional variance in levels of health and well-being beyond classic task-related aspects of stress. Furthermore, we show that control as a conventional task-related resource buffers the health impact of employment-related demands, highlighting the importance of considering both task-related and employment-related aspects of stress in flexible work arrangements.

Key words: **stress, health, well-being, employment, flexibility**
(JEL: I10, J81, O15)

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** Article received: December 31, 2011

Revised version accepted after double blind review: March 23, 2012.