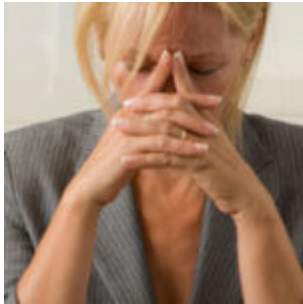


# Disorder Caused by Receipt of Email Was a Compensable Psychological Injury



A worker got an email from her manager that contained previous emails of a discussion between two managers, including personal and disrespectful comments about her. She was so upset she took time off of work for medical treatment for an adjustment disorder. Her workers' comp claim for a psychological injury was denied. On appeal, the Commission disagreed. Receipt of a written record of negative conversations about the worker wasn't a normal pressure that an average worker would experience. The Commission found that the experience was unusual or excessive and caused the worker stress. Thus, she had a compensable claim for a psychological injury [[Decision No: 2012-434](#), [2012] CanLII 25284 (AB WCAC), May 10, 2012].