

عنوان مقاله:

Survey mental health status and related factors among food industry workers in a province of Iran

محل انتشار:

دومین کنفرانس بین المللی روانشناسی، علوم تربیتی و سبک زندگی (سال: 1394)

تعداد صفحات اصل مقاله: 8

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خلاصه مقاله:

Background: Food industries workers may be exposed to mental disorders due to various work-related risk factors. Performing research in mental disorders is crucial because this factor has an important negative impact on job satisfaction and performance. Methods: This study was conducted among 636 workers of 11 food industries in Qom, a province of Iran, 2014. Data were collected using a general questionnaire for the demographic characteristic as well as general health questionnaire (GHQ-28). Data was analyzed by SPSS V20. Results: All workers (except two point five percent) were males with a mean age of 31.96 ± 7.48 years. The majority (508; 79.9%) were married and others single. Based on the average scores released from GHQ (16.56 ± 10.54), general Psychological morbidity was 20%. As well as for components i.e. somatic symptoms, sleep disorders and anxiety, social dysfunction and depression with 16%, 25.80%, 35.80% and 11.80% of foodworkers had experienced respectively. Data revealed that demographics might play an important role in mental health: single workers and men seem to be more affected by psychological distress than married personnel and women ($p < 0.05$). This relation between age and mental health were not significant ($p > 0.05$). Conclusion: Studies have indicated tenuous links between working conditions, and health status. The mechanisms driving the association between work and health, however, remain uncertain and require further research. An intervention model for preventive efforts, regarding mental strain and mental ill-health in food industries is recommended

کلمات کلیدی:

Mental health, Food industries, GHQ-28, Workers, Iran

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