

عنوان مقاله:

Persistent Neck and Shoulder Pains among Computer Office Workers: A Longitudinal Study

محل انتشار:

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خلاصه مقاله:

Background & Aims of the Study: In developing countries, with increasing use of computer systems, millions of computer workers are at high risk of neck and shoulder pains. The aim of this study was to assess the relationships between work-related physical and psychosocial factors and persistent neck and shoulder pains among computer office workers. **Materials & Methods:** This longitudinal study with 1-year follow-up was conducted among all eligible computer office workers ($n=182$) of Shahroud universities (northeastern Iran) in 2009-2010. Cultural and Psychosocial Influences on Disability (CUPID) questionnaire was used to collect data on demographic characteristics, physical, organizational and psychosocial factors at work, and neck and shoulder symptoms. Chi-square and logistic regression analysis was used to analyze the data through SPSS version 16. **Results:** Computer office workers with the mean \pm SD age of 32.1 ± 6.7 years and the mean \pm SD weekly work hours of 47.4 ± 8.2 participated in this study. At the baseline 39.6% of workers reported neck and shoulder pains. At one year follow-up, 59.7% of them reported neck pain and 51.3% reported shoulder pain. Significant relationships were found between persistence of neck and shoulder pains and age, gender, and decision latitude at work. **Conclusions:** Although neck and shoulder pains were equally prevalent among the study group, after one year follow up, persistent neck pain was more than shoulder pain. Age, gender, and decision latitude at work were identified as risk factors for both pains.

کلمات کلیدی:

Computer Office Workers Iran Longitudinal Studies Neck Pain Risk Factors Shoulder Pain

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