P-436 - NOISE POLLUTION, PSYCHIATRIC SYMPTOMS AND QUALITY OF LIFE: NOISE PROBLEM IN THE EAST REGION OF TURKEY

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Introduction: Noise is defined as unwanted sounds and can cause psychological symptoms such as anxiety, restlessness, irritability, sleep disturbances and difficulty concentrating. Transportation noise represents a large majority of external noise that affects people in large cities. Professional drivers are the highest risk group.
Aim: The aim of this study is to investigate the correlation between noise pollution and, general psychological symptoms, quality of life in public transport drivers.
Material and methods: Bus drivers of varying bus brands (F, O and P) were subjected in this study. SCL-90-R and SF-36 questionnaire were used to assess the presence and severity of psychiatric symptoms and quality of life. Sound level meter (Smart Sensor AR844) was used for noise pollution measurements (dB(A)) within the buses and city main streets.
Results: F, O and P brand buses average 65.16 dB(A), 70.86 dB(A) and 75.33 dB(A) noise produces respectively. Especially, P brand mini-bus drivers were found to have worked under continuously high noise (75.33 dB(A), average 11.22 ±3.86 hours daily). According to psychiatric SCL-90-R and SF-36 assessments, observed psychiatric symptoms were more pronounced between the high noise exposed group than other groups ($P < 0.001$).
Conclusion: Psychologies and quality of life of bus drivers were affected by the noise pollution and noise pollution had cause to serious psychological symptoms on drivers such as anxiety, depression, hostility, etc., and noise had negative effects over the quality of life in the east region of Turkey, particularly, when drivers were exposed for longer working periods and above certain values.

https://doi.org/10.1016/S0924-9338(12)74603-5 Published online by Cambridge University Press