

P-226 - WORK-RELATED MUSCULOSKELETAL DISORDERS AND MENTAL DISTRESS

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Introduction: Work-related musculoskeletal disorders (WMSDs) are multifactorial in nature and the environment, work organization and work activity the most significant factors to their etiology. WMSDs appear in a wide range of professions, such as those involving work with repetitive movements or large postural immobilization. They presently represent an increasing concern, largely due to their association with seeking medical help, disability and absenteeism from work.

Objective: To study the work conditions and mental health involvement in WMSDs and psychiatric morbidity.

Methodology: Cross sectional, correlational. The target population consists of workers in different sectors of a company that manufactures car components. The instruments of measure were the Work-related Musculoskeletal Disorder (WMSDs) Screening Scale and the Mental Health Screening Scale (ER-80), both adapted to the Portuguese population.

Results: 170 workers participated in the study. Of these, 77.1% had some type of musculoskeletal disorders (MSD)-related complaints by repeated stress. The intensity of the complaints is related to neither age nor the number of years of work, but those who work shifts appear to suffer more from WMSDs than workers with regular hours. There is a statistically significant correlation between MSDs and the presence of psychiatric morbidity, which is greater in subjects with higher psychiatric morbidity.