

Family, leisure and social environments' influence in mental health: Brazilian oil industry

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Introduction

The World Health Organization [1] estimates that by 2020, mental disorders will account for about 15% of all diseases. Since mental health is conditioned by the family and social context [2], the present study aimed to analyse the influence of the family environment, leisure and social environments on workers' mental health.

Materials and Methods

This descriptive, retrospective study was carried out with 622 employees of the oil industry, Bahia, Brazil, during the occupational health exams in 2018, mostly males (90.2%), aged 50-59 years. The Brazilian version of the Self-Reporting Questionnaire (SRQ-20) [3] and a social questionnaire were used to identify components of the family environment, i.e., affectivity, adaptation and/or autonomy [4], which act as mobilizers that interfere with health.

Results

SRQ-20 Dimension	Do you feel unable to play a useful role in your life?		p		
	n (%) Yes	n (%) No			
Social aspects and leisure	Uses leisure and social environments as a way of maintaining/recovering health and does not identify the importance of these actions in terms of well-being	0 (0)	7 (100)	<0.001	
	Uses leisure and social environments as a way of maintaining/recovering health and identifies the importance of these actions in terms of well-being	1 (0.2)	594 (99.8)		
	Same old condition. Describes positive health outcomes	1 (11.1)	8 (88.9)		
Social aspects and leisure	Do you feel useless in your life?	Uses leisure and social environments as a way of maintaining/recovering health and does not identify the importance of these actions in terms of well-being	0 (0)	7 (100)	<0.001
		Uses leisure and social environments as a way of maintaining/recovering health and identifies the importance of these actions in terms of well-being	3 (0.5)	592 (99.5)	
		Same old condition. Describes positive health outcomes	1 (11.1)	8 (88.9)	

Conclusions

The family environment, leisure and positive social environments are promoters of mental health and contribute to the overall well-being of oil workers.

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