

Mental Health in Oil Workers in

Brazil: the relationship with drug abuse

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Introduction

Due to the high rate of absenteeism and difficulties in the performance of activities [1-3], drug use has negative effects on the health of individuals and affects productivity in companies. The present study aimed to analyze the association between alcohol and tobacco consumption and specific dimensions of oil workers' mental health.

Materials and Methods

This is a descriptive, retrospective study, encompassing 622 oil industry employees from Bahia, Brazil, during the occupational health exams of 2018. They are mostly male (90.2%) and aged 50-59 years. The Brazilian version of the Self-Reporting Questionnaire (SRQ-20) [4] and another questionnaire were used to assess the frequency of alcohol and tobacco consumption.

Results

SRQ-20 Dimension	Have you lost interest in things?		p	
	n (%) Yes	n (%) No		
Alcohol	Drinks once or more a week and consume 5 or more doses per occasion once a week or more	2 (22.2)	7 (77.8)	<0.05
	Drinks once a week or more and can either twice consume 5 or more doses per occasion at least once a week, but more than once a year	0 (0)	59 (100)	
	Drinks 1 to 3 times a month or drink 5 doses or more at least once a year	2 (1.9)	102 (98.1)	
	Drinks less than once a month, but at least once per year and 2 drinks 5 or more doses on one occasion	8 (2.5)	316 (97.5)	
	Does not drink alcohol	5 (4.2)	114 (95.8)	
Tobacco	Smokes 15-24 cigarettes/day	2 (66.7)	1 (33.3)	<0.05
	Smokes 1-14 cigarettes/day	5 (38.5)	8 (61.5)	
	Former smoker	3 (33.3)	6 (66.7)	
	Ex-smoker for more than 5 years	6 (13.6)	38 (86.4)	

Conclusions

Alcohol and tobacco consumption were more widely admitted by workers reporting depressive thoughts and anxious-depressive mood symptoms. It is of fundamental importance that preventive actions are taken by oil companies, aiming to minimize the psychosocial risks involved in drug abuse by workers.

References

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