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NIGHT DUTY AND DEPRESSIVE SYMPTOMS OF WHITE COLLAR WORKERS IN THE PUBLIC SECTOR

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Objectives Koreans work the longest work hours among OECD countries. We analysed the relationship patterns of work hours and depressive symptom among white collar workers in the public sector that do not do shift work.

Methods We conducted a self-reported questionnaire which included socio-demographic variables, characteristics of their job or company, weekly working hour and frequency of evening work and night work. We evaluated depressive symptom by Beck's depressive inventory (BDI).

Results There were 1438 subjects. Male subjects worked for 48.5 h per week and female subjects worked for 46.1 h. In the univariate analysis, night work more than one time per 1 month showed a statistically significant relationship with BDI score over 24. According to multiple logistic regression adjusted for gender, age, company type, employment type, satisfaction for income, smoking and drinking, OR for night duty more than one time per month for depressive symptoms was 3.18 (95% CI 1.43 to 7.09). Weekly working hours over 48 h, frequencies of evening work and long working days over 10 h were not shown to be statistically significant relationships.

Conclusions Even though white collar workers in public sector, they worked long hours. We found that number of night duty would be a risk factor for depression.