

listing of common tasks, describe which tasks resulted in pain, and share tips for injury prevention.

Results Themes identified through content analysis of transcripts include: a) Care giving relationship—The approach that HCWs take toward their consumers impacts the consumers' behaviours and may reduce injury risks, b) Exchanging information—HCWs want to learn about consumer conditions and assistive devices/practices to help mitigate pain and improve mobility and c) Problem solving about devices/practices—HCWs have a stake in introducing devices, educating and negotiating with consumers to impact their movement and care.

Conclusions In summary, CHWs have insights into their work and should be supported to 1) identify risky tasks, 2) to document barriers and solutions to implement them, 3) to share resources and 4) to identify training needs. The findings may be explored in labour-management forums in order to create policies and procedures to reduce ergonomic risks to HCWs and their consumers.

0125 THE EFFECTS OF ACUTE AND CHRONIC MENTAL STRESS ON CARDIAC FUNCTION

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Objectives The main objective of this study is to investigate the effects of chronic and acute stress on blood pressure, heart rate variability and an indicator of cardiac contractility. The study also aims to describe the degree to which various demographic and lifestyle factors modify the observed effect.

Method Chronic stress was assessed with a validated questionnaire, the Perceived Stress Scale. Acute stress was the level of stress experienced from the performance of a simple mental challenge on a scale from 1–100. Heart rate variability is calculated from heart rate measurements recorded via a heart rate monitor. Cardiac contractility index is derived from the amplitude ratio of the first to second heart sounds, as recorded with an electronic stethoscope. Measurements for each of the parameters were taken before and after performance of the task. Pre-task measurements were used as baseline data and related to reported chronic stress levels. Acute stress levels were compared with the difference between pre- and post-task cardiac measurements.

Results Average acute stress level was 17/100. A statistically significant increase in cardiac contractility index was found for acute stress, while no significant change in either HRV or heart rate was noted. Subjects with high chronic stress showed a significantly reduced cardiac contractility than those with low chronic stress, while no difference in HRV was found between groups.

Conclusions Acute and chronic stress exerts differing inotropic effects on the heart, while no chronotropic effect was observed.

0126 WORKPLACE VIOLENCE AND DEPRESSIVE SYMPTOMATOLOGY AMONG POLICE OFFICER

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Objectives The prevalence of depression in police officer is higher than in the general population. Police officers are often exposed to work place violence, long time work, shift work and other psychosocial stressors. This study was conducted to evaluate the occupational factors associated with depressive symptomatology in police officer.

Method The study sample was 7476 police officers. A structured questionnaire was used to assess exposures to violence, shift working with jobs, health behaviours and sociodemographic factors. Subjects with depressive symptomatology was who experienced depressive symptom for continuously for more than 2 weeks within last 1year. And chronic work place violence exposed subjects was who experienced threat or complaint from work related people more than 4 times per week.

Results Prevalence of depressive symptom among subjects was 35.5% (n = 2622) and higher in subjects exposed to chronic violence. After adjusting covariates, the odds ratio of depression was 2.01 (95% CI; 1.80–2.25) for chronic work place violence exposed subjects (n = 2005, 27.11%), 1.20 (95% CI; 1.02–1.41) for shift working subjects (n = 6270, 85.68%).

Conclusions Our findings support the association workplace violence exposure between depressive symptomatology. Further study with more detailed work place violence exposure classification and measurement is need to confirm the association workplace violence and depressive symptomatology.

0130 THE COMBINED EFFECTS OF HIGH EMOTIONAL DEMANDS AND LOW JOB CONTROL AT WORK ON SUICIDAL IDEATION IN KOREAN SALES AND SERVICE WORKERS

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Objectives Suicide rates have increased worldwide, and suicide is the second leading cause of death below the age of 60 in Korea. Hence, loss of the working years due to suicide is very important issue in occupational health. We examined the effects of high emotional demand and low job control on suicidal ideation in sales and service workers.

Method A total of 1995 participants (824 men and 1171 women) were recruited in this study. Suicidal ideation, high emotional demand and low job control were estimated by self-report questionnaires from the 4th Survey. Odds ratios (OR) and 95% confidence intervals (95% CI) for suicidal ideation was calculated by gender using the logistic regression analysis.

Results People who experienced high emotional demands (OR: 2.07 in men, OR: 1.97 in women) or low job control (OR: 1.96 in men, OR: 1.33 in women) were more likely to experience suicidal ideation, after adjusting for age, household income, and employment characteristics (paid vs. self-employed workers). The combined effects of emotional demands and job control revealed that workers with high emotional demand and high job control (OR: 1.93 in men, OR: 1.60 in women) and high emotional demand and low job control (OR: 4.60, OR: 2.69 in women) had a higher risk for suicidal ideation, compared to workers with low emotional demand and high job control, after controlling for age, household income,