work-related stress (6 males, 2 females), variable working hour system (1 male, 1 female), discretionary work system (1 male), and retired employee and full-time housewives (2 males, 3 females). Among 11 workers, five of six mood states were significantly improved after the short-version climaterapy. Furthermore, the items concerning job stress as:

1. heavy work responsibility,
2. absence of the advisers in the workplace,
3. anxiety for the outlook of workplace’s future,
4. heavy workload,
5. bad physical environments in the workplace, and
6. bad interpersonal relationship, were highly correlated with a
deterioration of mental states asacasuar:

**Conclusion** These results suggest our short-version climaterapy programme would be an effective measure to counter the mental health problem among workers.

**References**

1 Jitendra Kumar Meena, Bratati Banerjee, Geetanjali Medical College and Hospital, Udaipur, Rajasthan, India; Maulana Azad Medical College, New Delhi, India

Data was analysed using SPSS-17 version.

**Mean age and job duration of the participants was 31.2±4.6 and 7.5±3.4 years.** Participants had high prevalence of psychiatric illnesses like-

- Anxiety: 64%
- Depression: 32%
- Personality disorders: 22%
- Obsessive compulsive disorder: 18%
- Alcohol intake and Drug abuse was present in 38% and 12% of participants respectively etc. Significant association was found between age and years of work with presence of mental illness (p<0.04), (p<0.01). Among the doctors interviewed 42.6% believed that they are susceptible to mental disorders. Only 21.3% found themselves capable enough in

**Discussion**

The current cross-sectional study reflects high burden of psychiatric problems viz. anxiety, depression and alcohol consumption among doctors. There is a high demand for a
case manager in professional and management of mental illnesses for health professionals and need for mental health promotion.