all of which were related to the intense physical and mental load that his labour duties required. In June 2012, while driving to his job, he made a call to his wife where he tells her where he feared that he was being followed, the call was interrupted, he is helped by public security officers which found him on his car with alterations alertness, he is taken to the hospital, where is diagnosed with a hypertensive crisis, presenting haemorrhagic cerebrovascular disease, and entering into cardiac arrest causing death.

Conclusion According to the psychosocial risk factors, and the violence in the working environment, as multiple tasks are done, for example, prolonged shifts, chronic work-related stress, and the threats against his integrity and his family; the case is qualified as a death caused by Karoshi’s syndrome.

Introduction The purpose of this study is to analyse and analyse the current status and causes of conflicts in the personal and workplace, and analyse the factors affecting the mental health of workers such as suicide and addiction.

Method The study subjects were 753 workers in the workplace who agreed to the purpose of the survey and hoped to participate. After describing the purpose and method of the investigation to the safety and health manager who visited the Safety and Health Education Centre, each worker was asked for his/her consent to the desired workplace and conducted the self-filling questionnaires. For family conflicts, a tool was used and, for the level of conflict related to job, the Korean Job Stress Measurement Tool (KOSS) was used. Social and emotional health was measured using 28 GHQ items, and depression was measured using 11 CES-D items. Work stress was analysed using SPSS WIN 2.0.

Results A survey of 753 workers showed that 80.9% of workers experienced at least one conflict and stress in the workplace during the three months preceding the survey. The average number of conflicts and stressors experienced by workers in the workplace was about 8.7 out of 26, and the most common conflict and stress factors experienced by workers are those who need to perform various tasks at the same time, and 58.7% of workers have experienced it. The psychological burden of workers’ family conflicts was found to have a greater psychological burden on women than men. Conflict and stress factors experienced by workers in the workplace were found to have a causal relationship that affected or affected the depressive symptoms and mental health of the workers. Job stress perceptions and experiences due to conflicts in the workplace were found to be lower in men than women. Most workers are not systematically managing conflicts in the family and the workplace, and they are more likely to resolve themselves.

Conclusion According to a survey of 753 workers, in the previous three months, 80.9% of the workers experienced at least one conflict and stress in the workplace so that it is considered that the experience of stress due to conflict in the workplace of Korean workers is serious. The conflict and stress factors experienced by the Korean workers in the workplace seem to be related to the depressive symptoms and the mental health of the workers. Also, as mentioned above, the Korean people are not systematically managing conflicts in the family and the workplace, and they are characterised by a strong tendency to resolve themselves. In order to cope with this situation, it is necessary to develop a variety of services and programs that meet the needs of consumers in the public sector and build up a regional service delivery system that can reach the public more aggressively. And it is necessary to develop and provide a mental health care program based on risk assessment that safety and health managers and small business employers can use in the field in relation to workplace stress management.
Introduction Stress related symptoms are common in staff of large tertiary hospitals. However, the quality of support received from management varies widely. As a Specialist Registrar in the Occupational Health Department of such a hospital, I sought to improve the competency of line managers across four key areas of stress management by providing an educational intervention.

Methods Using a standardised self-assessment rating scale, a learning and development need was identified among line managers. This information was used in order to prepare a workshop, using a standardised approach, aimed at improving their understanding of stress, how to recognise stress in the workplace and how to manage an employee experiencing stress. After delivering the workshop, participants subsequently repeated the self-assessment rating scale, and the change in competency was measured.

Results A statistically significant improvement was seen across all four competency levels measured, with p-values for each measuring less than 0.05. The mean scores from all participants in their post-intervention self-assessments were in excess of the 90% threshold for effectiveness in each area.

Discussion Feedback following the workshop was positive and a clear improvement in managers’ competency was achieved. This was further supported by examining referrals to the department from workshop participants both before and after the intervention, with an improvement in the quality of information supplied noted.

Although the number of participants was small, with seven participants fully completing all evaluations, each participant is responsible for an average of twenty employees. Therefore the intervention has the potential to positively affect up to 150 employees, with a consequent reduction in absenteeism, and healthcare costs attributable to stress, likely. In order to accurately quantify this, long-term absenteeism rates should be measured.

The findings of this project demonstrate a clear benefit in engaging managers in educational workshops to improve their competency in dealing with employees who are experiencing work-related stress.