company. In order to determine the prevalence of stress in a port company in Abidjan we conducted this study.

**Method** A cross-sectional descriptive and analytical survey was conducted from April 2015 to July 2016. In collaboration with the company’s managers, we sensitised staff on the concept of stress at work. The data were collected using three self-questionnaires (the 26-item KARASEK job content questionnaire, 12 items GOLDBERG self-assessment questionnaire for psychopathology, and the French version of the SIEGRIST questionnaire at 46 items).

**Results** The prevalence of stress was 54.6%. Stress came mainly from supervisors (63.7%) and was favoured by work situations such as emergency tasks (21.4%), poor organisation of work (20.4%), and Heavy workload (17.8%). More than two-thirds of stressed workers (64%) had psychological distress. Age ($p=0.139$), gender ($p=0.57$), workplace ($p=0.65$), professional seniority ($p=0.65$) and the hourly organisation of work ($p=0.39$) had no statistically significant impact on the occurrence of stress.

**Conclusion** Stress is a major psychological risk requiring preventive measures such as listening cells and improved working conditions in human, technical and organisational terms.

### 1050 ASSOCIATION BETWEEN WORKPLACE SOCIAL CAPITAL AND JOB PERFORMANCE: A MULTILEVEL STUDY IN CHINA

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**Introduction** Although researchers have recently paid more attention workplace social capital (WSC), which was found to associate with health and health-related behaviours, such as smoking, physical activity and medicine adherence. Theoretically, WSC facilitates to solve collective action problems, so WSC may associate with job performance. However, there was sparse evidence on association between WSC and job performance in China context. So building workplace social capital (WSC) is important to improve health and productivity of workers. The aim of this study was to analyse the relationship between WSC and job performance in China context.

**Methods** WSC was measured by Chinese version of Workplace Social Capital Scale. Data were analysed using STATA 13.0. Multilevel generalised linear models investigated the association between WSC and job performance.

**Results** The prevalence of WSC was 0.045 to 0.065, and relative presenteeism was 1.037 (95% CI: 1.030 to 1.045). Multilevel generalised linear models indicated that individual-level WSC was positively associated with relative presenteeism ($\beta=0.065$, 95% CI: -0.100 to -0.029), both individual-level and aggregated-level WSC were positively associated with relative presenteeism ($\beta=0.038$, 95% CI: 0.015 to 0.061; $\beta=0.042$, 95% CI: 0.019 to 0.065) after controlling for demographic characteristic and self-rated health.

**Conclusion** Consistent with previous findings, the current study found that workplace social capital is associated with job performance in China context. So building workplace social capital may improve job performance.
effects of overtime work hours and exercise habits on psychological distress.

Methods We used data from a health examination of 1082 workers in FY 2013. We obtained information on working hours in the most recent month from the personnel records of the surveyed company. Overtime work hours per month were classified into three groups: short (<45 hours), medium (45–79 hours), and long (≥80 hours). Exercise habits were classified into two groups using a self-administered questionnaire: yes or no. Odds ratios (ORs) of psychological distress, defined as scores ≥4 on the 12-item General Health Questionnaire, were calculated using multiple logistic regression analysis adjusting for age, gender, marital and residence status, occupation, drinking habits, smoking history and psychosocial work characteristics.

Results Compared to the short overtime with exercise habits group, the ORs (95% confidence intervals) for psychological distress were significant for the medium overtime with exercise habits group (OR = 1.81 [1.20–2.75]), medium overtime without exercise habits group (OR = 2.11 [1.37–3.25]), and long overtime without exercise habits group (OR = 3.03 [1.64–5.58]). No significant ORs were observed for any other group combinations.

Discussion In the medium overtime group, overtime work hours were significantly associated with psychological distress regardless of exercise habits. However, in the long overtime group, this significant association disappeared among those with exercise habits. Our findings suggest that exercise habits reduce psychological distress in relation to long (i.e., ≥80 hours) overtime work hours.

Introduction Fukushima Daiichi Nuclear Power Plant suffered serious damage the Great East Japan Earthquake and Tsunami of 2011. This study examines the association between mental health status and stress-related factors in the nuclear emergency workers 4–5 years after the disaster.

Methods In total, 1572 workers completed a self-administered questionnaire by mail. Mental health status was measured by the K6. The stress-related factors we evaluated life events, stress coping, sense of coherence, self-esteem, self-efficacy, resilience, social support, life satisfaction, job satisfaction and slanderous defamation. Multiple regression analysis was performed with the K6 score as the explained valuable and stress-related factors as the explanation values.

Result The K6 score was significantly high in the workers who had worked for a long period of time. It was also related to the scores of life events, stress coping, self-esteem, life satisfaction, work satisfaction and slanderous defamation. The slanderous defamation score most strongly related to the K6 score.

Discussion Long term follow-up is for nuclear emergency workers who work for long period of time, and slanderous defamation is one of the most important measures support the mental health of these workers.