

time/hours, and 4 physico-chemical exposures. Weighted robust Poisson regression models were used to investigate the associations between occupational exposures in 2013 and incident poor well-being in 2016 after adjustment for covariates, in men and women separately.

Results The incidence rate of poor well-being in 2016 was 10.3% among men and 16.8% among women. Significant prospective associations were found between a wide range of PWFs and poor well-being, and the risk increased with the number of these factors globally and within almost all psychosocial dimensions (except work demands in men and workplace violence in both genders). Among the other studied occupational exposures, noise was prospectively associated with poor well-being in women.

Conclusion Working conditions, especially PWFs, could have a negative impact on well-being and exposure to multiple PWFs could increase the risk of poor well-being still further.

P-53 **MULTIPLE EXPOSURES TO OCCUPATIONAL FACTORS AND SLEEP PROBLEMS AMONG EMPLOYEES IN FRANCE**

¹Sandrine Bertrais, Noémie André, Jean-François Chastang, Isabelle Niedhammer, Marilyne Bègue. ¹Inserm DR GRAND OUEST, France

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Objective Many studies suggest that working conditions may have an impact on health, including sleep. One of the main limitations in the literature, however, is that studies have explored a limited number of occupational exposures and have not addressed the issue of multiple exposures. Our objective was to study the associations of a large variety of occupational exposures with sleep problems, and to assess the impact of multiple occupational exposures on this outcome.

Methods The study sample consisted of 20430 employees aged 15–65 years (8579 men, 11851 women) included in the representative sample of the working population from the 2016 French national survey on working conditions. Participants were classified as having sleep problems if they reported sleep disturbances and/or sleep medication, at least several times a week. Occupational exposures were: 21 psychosocial work factors (PWFs) further grouped in five dimensions (work demands, work organization and job content, interpersonal relations and leadership, work-individual interface, workplace violence), four working time/hours factors and four physico-chemical exposures. Weighted robust Poisson regressions were performed to study the associations between occupational exposures and sleep problems after adjustment for covariates, in men and women separately.

Results Among the studied working time/hours factors, only night work among women was associated with sleep problems, while most of psychosocial work factors and physico-chemical exposures were significantly associated with sleep problems. Stronger exposure-outcome associations were found in men for some PWFs. The odds of sleep problems increased with increasing number of exposures for most dimensions of PWFs, and with increasing number of physico-chemical exposures (non-significant trend in women).

Conclusion Psychosocial and physico-chemical exposures were found to be associated with sleep problems, and the higher the number of exposures, the higher the odds of sleep problems. More studies are needed on multiple occupational

exposures in association with sleep problems among working populations.

P-54 **MULTIPLE EXPOSURE TO PSYCHOSOCIAL FACTORS AT WORK AND OTHER OCCUPATIONAL FACTORS AND COMMON MENTAL DISORDERS AMONG EMPLOYEES IN FRANCE**

¹Sandrine Bertrais, Jean-François Chastang, Isabelle Niedhammer, Amélie Mauroux. ¹Inserm DR GRAND OUEST, France

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Objective Knowledge on the cumulative effects of psychosocial work factors on mental health is sparse, and other occupational exposures such as those from the physical work environment remain understudied in this topic. Therefore, this study aimed to examine the associations between various types of occupational factors, including a large variety of psychosocial work factors (PWFs), and major depressive episode (MDE) and generalized anxiety disorder (GAD) in the French working population.

Methods The study was based on data from the 2016 national survey on working conditions conducted on a representative sample of workers, including 20430 employees aged 15–65 years (8579 men, 11851 women). The MINI standardized diagnostic interview was used to assess MDE and GAD. The following occupational exposures were studied: 21 PWFs grouped in five dimensions (work demands, work organization and job content, interpersonal relations and leadership, work-individual interface, workplace violence), four working time/hours factors and four physico-chemical exposures. The associations between occupational exposures and MDE/GAD were assessed in each gender separately using weighted logistic regression models.

Results We found a higher prevalence of MDE and GAD among women than among men (8.6% and 8.7% respectively versus 4.3% and 4.6%). There were significant associations between most psychosocial work factors, and MDE and/or GAD. The odds of MDE/GAD increased with the number of exposures for all psychosocial dimensions, except workplace violence. The odds of MDE also increased with multiple physico-chemical exposures. No association was found between working time/hours factors and MDE/GAD, except between unsocial work days, shift work and MDE in women.

Conclusion Our results highlighted the negative impact of being exposed to multiple PWFs for depression and anxiety, and showed a cumulative association of the four studied physico-chemical exposures with depression. More research is needed on the effect of the accumulation of occupational exposures on these outcomes in working populations.

P-60 **RELATIONS BETWEEN WORK-RELATED FACTORS AND STRESS AND INJURY AMONG JANITORS**

¹Susan Gerberich, Andrew Ryan, Adam Schwartz, Deirdre Green, Patricia McGovern, Hyun Kim, Rony Arauz. ¹University of Minnesota, United States

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Introduction While a body of literature identifies relations between injury occurrence and resulting stress, literature