Psychosocial Work Exposures of the Job Strain Model and All-Cause and Cause-Specific Mortality: Results from the StressJEM Project

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Objectives Very little literature is available on the effects of psychosocial work exposures on mortality. The aim of the StressJEM project was to explore the prospective associations between these exposures and all-cause and cause-specific mortality.

Methods The StressJEM project was based on a French national representative sample of 798,547 male and 697,785 female employees for which data on job history on the 1976–2002 period were linked to mortality and causes of death data from the national registry. Job strain model exposures were imputed using a job-exposure matrix and three time-varying exposure measures were constructed: current, cumulative, and recency-weighted cumulative exposure. The prospective associations between these exposure measures and mortality were explored using Cox proportional hazards models.

Results 88,521 deaths occurred among men and 28,921 among women between 1976 and 2002. Low decision latitude, low social support, job strain, iso-strain, high strain, and passive job were found to be risk factors for all-cause mortality, cardiovascular mortality, suicide, and preventable mortality (including smoking- and alcohol-related mortality as well as external causes of death). The model with current exposure was the highest relative quality model. The fractions attributable to job strain were 5.64% and 4.13% for all-cause mortality, 5.64% and 6.44% for cardiovascular mortality, 5.29% and 9.13% for suicide, and 5.1% and 3.1% for preventable mortality, among men and women respectively (though non-significantly different from zero for cardiovascular and preventable mortality among women).

Conclusion Our findings underlined the role of the job strain model exposures on all-cause and cause-specific mortality. The burden of mortality attributable to these exposures may be substantial, especially for suicide among women. Prevention oriented towards the psychosocial work environment may reduce mortality among working populations.

Musculoskeletal Disorders by Gender Among Working Syrian Refugee Children in Lebanon

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Background Due to the Syrian war, a massive number of Syrian refugees migrated to Lebanon, which forced children to engage in harmful jobs, mainly agriculture in the Bekaa Valley in the east of Lebanon. Children working in the agricultural sector experience ergonomic hazards associated with musculoskeletal disorders (MSDs).

Methods A survey of 4090 working Syrian refugee children between 8 and 18 years in the Bekaa Valley of Lebanon documented the variation in reporting MSDs between male and female working children. Data were collected on demographic, occupational, and socioeconomic indicators and musculoskeletal disorders. Statistical analyses were done using Stata V.15.0. Means and standard deviations were generated for continuous data, and frequencies and percentages for categorical data. Chi Square and independent t-test were used to test significant differences between male and females.

Results Around 4.4% of the child workers experienced MSDs. The highest prevalence of MSDs was among children working in agriculture (73.2%), with a higher prevalence among females (84.5%) than males (63.2%). The most common MSDs reported were back pain, feet pain, joint pain, and knee pain. Significantly, more females (1.3%) reported wrist or hand pain than males (0.6%).

Discussion The study showed that females and males were differently burdened with MSDs. Females child workers bore a higher burden than males due to working both inside and outside the house. Interventions and policies protecting children from harmful exposure and working conditions are outside the house. Interventions and policies protecting children from harmful exposure and working conditions are differently burdened with MSDs.