or Relative Risks). Another relevant problem is the presence of various confounding factors, e.g. occupational exposure to physical or chemical carcinogens possibly occurring in several workplaces, and others, potentially affecting the overall results.

Conclusions The completion of studies collection, and data extraction and quality assessment of the papers including Risk of Bias analysis according to the protocol registered in PROSPERO, are currently ongoing.

P-230 THE MENTAL HEALTH OF CHILEAN TEACHERS IN TIMES OF FORCED TELEWORK: HOW MANY, WHO AND WHY ARE THEY IN WORSE HEALTH?

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Introduction The impact of the COVID-19 pandemic on education resulted in school closures and the forced implementation of virtual teaching and teleworking. This situation together with the diversity of social and economic contexts in schools, has emphasized inequality in access to quality education and increased stress and anxiety among teachers.

Objectives This study aims to explore the mental health of teachers forced to telework because of COVID-19 and analyze its relationship with sociodemographic, teacher-related and working conditions.

Methods The sample was 278 Chilean classroom teachers who teleworked more than 50% during the 2020 academic year. The dependent variable was mental health measured through the General Health Questionnaire (GHQ-12). The independent variables were sociodemographic, teacher-related and work conditions. The internal structure of the mental health construct was evaluated using the Rasch model. Crude (cOR) and adjusted odds ratios (aOR) were estimated using logistic regression models. The analyses were stratified by years of teaching experience and sex.

Results A high prevalence of poor mental health was found in teachers (58%). Working in a private-subsidized school (aOR = 2.89; 95% CI: 1.16 - 7.22), working two or more unpaid overtime hours (aOR = 2.25; 95% CI: 1.11 - 4.59) and having sickness absence (aOR = 3.82; 95% CI: 1.53 - 9.58) were associated with poor mental health. Working 35 hours or more weekly among less experienced teachers (6–10 years: aOR = 0.07; 95% CI: 0.01 - 0.51) and being a tutor teacher among women (aOR = 0.48; 95% CI: 0.23 - 1.0) had a protective effect on mental health.

Conclusion This study contributes to the recognition of a high prevalence of poor mental health among Chilean teachers and its associated contextual and labour factors. Need for actions to improve the working conditions of teachers who telework are guaranteed to improve their mental health.

P-239 DETERMINANTS OF MUSCULOSKELETAL DISORDERS OF THE UPPER LIMBS AMONG MILITARY PERSONNEL IN TUNISIA.

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Introduction Musculoskeletal disorders (MSDs) are the first medical reason for work stoppage among military personnel and are one of the main reasons for dismissal from army service. Prevalence of MSDs, in particular those of the upper limbs (UL-MSDs), among military officers, is insufficiently known, as well as their risk factors, given the complexity of the military service.

Objective To assess the prevalence and the determinants of UL-MSDs in Tunisian army officers.

Methods This is a cross-sectional study among army officers, based on a questionnaire with several items: socio-demographic, occupational characteristics, and psycho-social constraints at work through the Karasek standardized questionnaire. The Nordic questionnaire was adapted to assess musculoskeletal health.
Results Five hundred and twenty-seven participants were enrolled in the study with a mean age of 28.86 years and extremes ranging from 19 to 55 years. Prevalence of UL-MSDs in the study population was 10.6%. The univariate analysis showed that UL-MSDs in army officers were significantly associated with: age (p<10^-3), job seniority (p=0.009), weekly worked hours (p=0.007), wearing a helmet (p=0.039) and job strain (p<10^-3). According to the multivariate analysis, determinants of the risk of UL-MSDs in the study population were: history of upper limbs trauma (p=0.002, OR=3.1; CI 95% = [1.49; 6.44]), age (p=0.001; OR=1.89; CI 95% = [1.30; 2.73]), occupational category (p=0.047; OR= 0.78; CI 95% = [0.62; 0.99]) and irregular working hours (p=0.008; OR=2.99; CI 95% = [1.32; 6.75]).

Conclusion Prevention of UL-MSDs in army officers represents major challenges for military health professionals. Keeping a good operational capacity of military personnel is dependent on the establishment of an effective global preventive approach that covers the various aspects of the work in this environment, while respecting its particularities.