

P-249 **IMPACT OF SOCIO-PROFESSIONAL FACTORS ON MAMMOGRAPHIC DENSITY IN TUNISIAN WOMEN.**

¹Linda Khadraoui, Ines Rassas, Aouatef Mahfoudh, Irtyah Merchaoui, Hibat Allah Mosbah, Touka Yahyaoui, Neila Chaari, Mohamed Akrouf, Amina Ben Salem. ¹Faculty of Medicine of Monastir, Tunisia

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Introduction Mammographic density (MD) which refers to the percentage of the radiologically dense fibroglandular tissue in the breast, is one of the most important risk factors for breast cancer. Although highly hereditary, MD is also influenced by other factors.

Objectives To study the influence of socio-demographic characteristics, lifestyle, gynecological conditions and occupational factors on the degree of MD among Tunisian women.

Methods A 04-months cross-sectional study was carried out on women aged between 25 and 68 years presenting to the Department of Radiology in the Centre of Maternity and Neonatology of Monastir, for the practice of mammography. Data collection was carried out through a survey on socio-demographic, medical and occupational characteristics of the participants. The study population was divided into two groups: professionally 'active' women and 'inactive' women. Density assessment was based on the BIRADS 2013 classification.

Results A total of 220 women were included in this study, with an average age of 45.2 ± 9.7 years. At the moment of the study, 63% of participants had a paid job. Mammographic density was significantly associated with level of education ($p=0.009$), type of diet ($p=0.032$), BMI ($p=0.003$), the period of the menstrual cycle when the mammography was realized ($p=0.008$). According to the multivariate analysis, determinants of MD were: level of education ($p=0.011$; OR=1.9 ; 95% CI = [1,15–3,12]), BMI ($p=0,001$; OR=2,67; 95% CI = [1,46–4,88]), occupational status ($p=0.002$; OR= 0.26; 95% CI = [0.11–0.62]) and number of weekly working hours ($p=0.002$; OR=4.4; 95% CI = [1.76–11.16]).

Conclusion Mammographic density is an established risk factor for breast cancer. It is dependent on several individual, hormonal and occupational factors. Its modifiable character justifies the information and sensibilization of concerned women, as well as the implementation of adequate preventive measures in workplaces.

P-251 **RELATIONSHIP BETWEEN WORK SHIFT AND SLEEP DISTURBANCE IN BRAZILIAN WORKING WOMEN**

¹Janaína Cristina da Silva, Anderson Garcez, Maria Teresa Anselmo Olinto, Heloisa Theodoro. ¹University of Vale do Rio dos Sinos, Unisinos, São Leopoldo, RS, Brazil

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Introduction Shift work, especially night work, can have some consequences. Among the investigated changes is sleep disturbance, which in turn is associated with several health problems.

Objective This study aimed investigate the relationship between work shift and sleep disturbance in a sample of female shift workers.

Methods A cross-sectional analysis was conducted with 444 female shift workers aged 18–61 years in Southern Brazil. The self-reported sleep quality was measured using the Pittsburgh

Sleep Quality Index (PSQI) scale (BUYSSE et al, 1989) with total score of 21. This score was categorized in good (0–4), bad (5–10) or sleep disturbance (> 10). Shift work was defined based on the schedule that was provided by the company and confirmed by the workers during interviews. Multivariate-adjusted associations between work shift and sleep disturbance were assessed by Poisson regression with robust variance.

Results The prevalence of sleep disturbance was 9.7% (CI 95% 6.9; 12.4). Adjusted models suggest that sleep disturbance was associated with women aged from 31 to 40 years (RP: 2.63, CI 95% 1.08; 6.39), night shift work (RP: 7.13, CI 95% 2.81; 18.12), former smoker status (RP: 3.08, CI 95% 1.21; 7.87), having less than 3 meals per day (RP: 3.85, CI 95% 1.98; 8.82), and strongly associated with positive screening for Common Mental Disorders (CMD) (RP: 19.68, CI 95% 7.17; 54.03), and worse self-perceived health category (RP: 8.38, CI 95% 2.00; 35.05).

Conclusions Night shift work was associated with a higher prevalence of sleep disturbance. We also found a strong association between CMD and regular or bad self-reported health perception with sleep disturbance. These results indicate the importance of monitoring women shift workers to promote actions on mental health care.

P-253 **RELATIONSHIP BETWEEN WORK SHIFT AND ABDOMINAL OBESITY IN FEMALE SHIFT WORKERS**

¹Janaína Cristina da Silva, Anderson Garcez, Heloisa Theodoro, Maria Teresa Anselmo Olinto. ¹University of Vale do Rio dos Sinos, Unisinos, São Leopoldo, RS, Brazil

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Introduction Abdominal obesity has a high prevalence in the population, which is a risk factor for several health problems. Shift work, especially at night, seems to be associated with this condition.

Objectives This study aimed investigate the relationship between work shift and abdominal obesity in a sample of female shift workers.

Methods A cross-sectional analysis was conducted with 446 female shift workers aged 18–61 years in southern Brazil. Abdominal obesity was identify by measuring waist circumference. The measurements were perform in duplicate and the average of the collected values was consider. A waist circumference equal to or greater than 88 cm was consider abdominal obesity. Multivariate-adjusted associations between work shift and abdominal obesity were assessed by Poisson regression with robust variance.

Results The overall prevalence of abdominal obesity was 44.6% (95% Confidential Interval [95% CI]: 40 to 49.2) and 23.9% (95% CI: 19.9 to 27.8) of the sample were night shift workers. After adjusting for potential confounding factors, night shift women were 38 percent more likely to have abdominal obesity than working women on the day (Prevalence Ratio [PR] = 1.38; 95% CI: 1.12 to 1.70; P = <0.001).

Conclusions This study revealed that work at night has an independent association with abdominal obesity in female shift workers. This finding demonstrates the importance of educational and preventive health actions in the context of public health and occupational health.