

## Abstracts

randomly selected schools and survey was conducted for all teachers in these schools during July to August 2016. Probable depression was defined as a CES-D score of 16 or more and definite depression was defined as a score of 25 or more.

**Results** 1617 out of total 3345 in 79 schools responded to the survey. Except for those who were missing information, 1123 teachers were included this analysis. Compared with the general population, teacher's prevalence of probable depression was higher in the 30 s and 40 s (28.99% vs 22.29%, 26.46% vs 20.87%, respectively) and definite depression was higher in the 20 s, 30 s and 40 s (15.38% vs 10.07%, 14.01% vs 8.08%, 10.46% vs 7.57%, respectively). In the case of high school homeroom teacher, the 3rd grade homeroom teachers had a higher rate of depressive symptoms than the 1st and 2nd grade homeroom teachers (probable depression: 39.56% vs 26.95%, definite depression 17.58% vs 11.98%).

**Conclusion** This study was the first to investigate the prevalence of depressive symptoms among teachers in Korea. Workers are generally known to have a lower risk of depression than the general population, but teachers have found the opposite result. The resolution of teacher's mental health problems are almost entirely up to the individual teacher. Taking into account the impact of teacher mental health on individuals, students and schools, structural intervention is urgently needed.

1485

#### PREVALENCE OF AND FACTORS ASSOCIATED WITH BURNOUT AMONG HEALTH CARE PROFESSIONALS IN ARAB COUNTRIES: A SYSTEMATIC REVIEW

<sup>1</sup>I Elbarazi, <sup>1,2</sup>T Loney\*, <sup>3</sup>S Yousef, <sup>1</sup>A Elias. <sup>1</sup>Institute of Public Health, College of Medicine and Health Sciences, United Arab Emirates University, Al Ain, PO Box 17666, United Arab Emirates; <sup>2</sup>Mohammed Bin Rashid University of Medicine and Health Sciences, PO Box 505055, Dubai, United Arab Emirates; <sup>3</sup>Department of Psychiatry and Behavioural Science, College of Medicine and Health Sciences, United Arab Emirates University, Al Ain, PO Box 17666, United Arab Emirates

10.1136/oemed-2018-ICOHabstracts.1742

**Introduction** Burnout among healthcare professionals is one of the key challenges affecting health care practice and quality of care. This systematic review aims:

1. estimate the prevalence of burnout among health care professionals (HCP) in Arab countries; and
2. explore individual and work-related factors associated with burnout in this population.

**Methods** Multiple electronic databases were searched for studies published in English or Arabic from January 1980 to November 2014 assessing burnout (using the Maslach Burnout Inventory; MBI) amongst health care professionals (HCP) in Arab countries.

**Results** Nineteen studies (n=4108; 49.3% females) conducted on HCP in Bahrain, Egypt, Jordan, Lebanon, Palestine, Saudi Arabia and Yemen were included in this review. There was a wide range of prevalence estimates for the three MBI subscales, high Emotional Exhaustion (20.0%–81.0%), high Depersonalization (9.2%–80.0%), and low Personal Accomplishment (13.3%–85.8%). Gender, nationality, service duration, working hours, and shift patterns were all significantly associated with burnout.

**Conclusion** Within the constraints of the study and the range of quality papers available, our review revealed moderate-to-high estimates of self-reported burnout among HCP in Arab

countries that are similar to rates in non-Arabic speaking westernised developed countries. In order to develop culturally appropriate interventions, further research using longitudinal designs is needed to confirm the risk factors for burnout in specific HCP settings and specialties in Arab countries.

448

#### ASSESSMENT OF PSYCHOSOCIAL RISKS AND WORK ABILITY AMONG SEAFARERS

<sup>1</sup>B Matulić\*, <sup>2</sup>N Varljen, <sup>3</sup>M Matulić, <sup>4</sup>M Mustać, <sup>2</sup>A Šimundić, <sup>5</sup>M Milošević. <sup>1</sup>University of Zagreb, School of Medicine, Zagreb, Croatia; <sup>2</sup>Occupational medicine clinic, Rijeka, Croatia; <sup>3</sup>Occupational health service institute Benedikt, Split, Croatia; <sup>4</sup>Occupational medicine clinic Mate Mustać, Zadar, Croatia; <sup>5</sup>University of Zagreb, School of Medicine; WHO Collaborative Centre for Occupational Health, Croatia

10.1136/oemed-2018-ICOHabstracts.1743

**Introduction** Work conditions have a great impact on the work ability of a seafarer, whether it is about relationship with superiors, working conditions or job description. Ability to accomplish tasks is also very important sign of wellbeing of a worker. As seafarers face a wide range of psychosocial stressors on board, they may be vulnerable to develop burnout syndrome. The aim of this study was to determine influence of different psychosocial risk factors on seafarers work ability.

**Methods** Field study among seafarers in Croatia was performed from December 2016 until February 2017. Questionnaires regarding burnout, workplace stress levels, work ability index (WAI) and socio-demographic questions have been administered to 222 seafarers in three different cities on the Adriatic coast (Rijeka, Zadar and Split). Response rate was 100% giving a total number of 222 participants. Statistical analysis was performed with IBM SPSS Statistics version 24 and all P values below 0.05 were considered significant.

**Result** All included seafarers were men with average age of 43.11±11.39 years. Thirty-eight seafarers (17.1%) had unsatisfactory WAI score (≤36) with very high priority of adequate preventive measure in work ability preservation. Pressure at work, uncertainty of work and boredom were most prominent workplace stressors. High burnout level had near 4% of all participants (8/222) and 51 (22.9%) had initial stage of burnout. Binary logistic regression showed that higher burnout level is most significant predictor of low work ability (OR=11.3; 95% CI: 3.3 to 38.8; p<0.001) controlled for age, education level, work tenure, job type and other workplace stressors.

**Discussion** Results have shown that the prevention of burnout syndrome should be done as soon as possible to maintain adequate work ability. The most vulnerable groups are young and unexperienced workers. Employers should be advised to have appropriate interventions on everyday job routine to prevent boredom especially on long trips.

1427

#### DISTRESS AND PSYCHOSOCIAL RISK FACTORS IN CHILEAN COPPER MINERS: A CROSS SECTIONAL STUDY

<sup>1,2</sup>Méndez José\*, <sup>3</sup>Carvalho Denise, <sup>3</sup>Radon Katja, <sup>4</sup>Silva Helia. <sup>1</sup>Codelco Chile, División Andina, Los Andes, Chile; <sup>2</sup>Sociedad Chilena de Medicina del Trabajo, Santiago, Chile; <sup>3</sup>Center for International Health, Ludwig-Maximilians-Universität München, Munich, Germany; <sup>4</sup>Escuela de Salud Pública, Universidad de Chile, Santiago, Chile

10.1136/oemed-2018-ICOHabstracts.1744