

Epidemiological Profile of Disorders Related to Trauma and Occupational Stressors in Brazil between 2006 and 2023

P1-H12

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During the study period, a total of 6,167 cases were documented, with a significant increase in incidence observed in São Paulo (26.9%) and Minas Gerais (21.1%). The majority of the affected population comprised female workers (58%), predominantly identifying as white (44.2%), with a considerable proportion possessing higher educational attainment (32.5%).

BACKGROUND

The relationship between work-related mental disorders (WRMD), termed here as WRMD, can be attributed to several factors arising from the organization and management of work or exposure to specific toxic agents. This type of suffering can manifest in diverse ways, leading to adverse emotional reactions, physical issues, and workplace difficulties that compromise both the quality of performance and job satisfaction.

Aim: This study aims to describe the epidemiological profile of mental disorders related to trauma and occupational stressors in Brazil from 2006 to 2023.

METHODS

Utilizing a cross-sectional, quantitative, and exploratory approach, the study analyzed reported cases of WRMD in Brazil.

Included were workers aged 18 or older, diagnosed with disorders classified under ICD-10 codes F43, F430, F431, and F432, as reported in the SINAN/DATASUS database.

The variables of interest included sociodemographic and occupational characteristics, information on referrals, and case outcomes.

Descriptive statistical analysis was conducted using SPSS software version 27.

As the study relied on publicly available secondary data, no approval from a Research Ethics Committee was required.

RESULTS

During the study period, 6,167 cases were reported, predominantly in São Paulo (26.9%) and Minas Gerais (21.1%).

Females represented the majority of cases (58%), with the predominant racial designation being white (44.2%), and a significant portion having completed high school (32.5%).

The majority of affected individuals were employed by non-outsourced companies (79.1%) and held formally contracted positions (68.8%).

A notable percentage of individuals did not use alcohol (60.3%), drugs (57%), tobacco (59.7%), or psychotropic drugs (40%).

More than half of the cases resulted in removal from work (51.4%), and protective measures—both individual (64.7%) and collective (69.1%)—or job changes (65.6%) were often not implemented. Additionally, 40.6% of the cases involved other workers experiencing the same conditions.

RESULTS CONTINUED

The primary treatment modality was outpatient care (90.5%), with a majority being referred to psychosocial care centers (56.4%), and a significant number progressing to temporary work incapacity (59.3%).

The most impacted occupations were urban bus drivers (5.8%) and nursing technicians (4.2%).

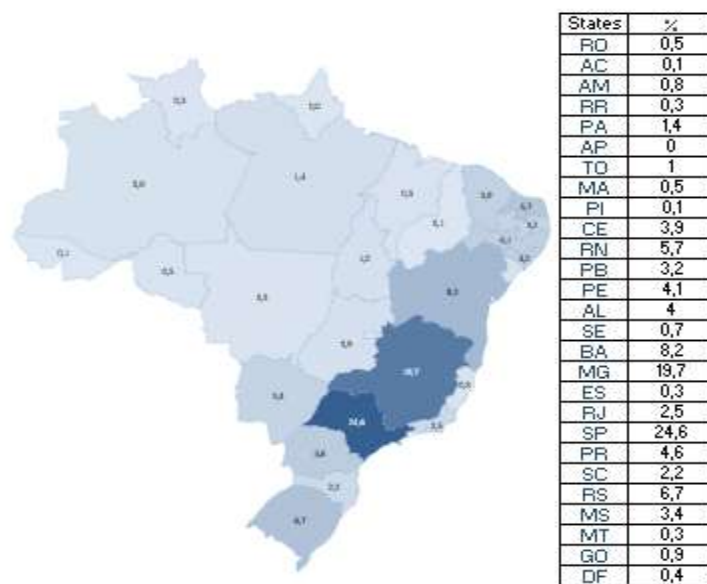


Figure 01. Disorders Related to Trauma and Occupational Stressors in Brazil between 2006 and 2023, according to Brazilian states. (N. 6167)

CONCLUSIONS

An increase in case notifications has been observed, particularly among women in the Southeast region of Brazil. The occupational characteristics highlight a significant lack of protective measures, resulting in high rates of job absence and temporary disability.

ADDITIONAL KEY INFORMATION

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