

Risk behaviors and factors associated with quality of life and mental health of Brazilian federal employees

P3-C16

Oliveira I, Pereira N, Noll P, Noll M
Instituto Federal Goiano, Ceres, Brazil

RFEPCT employees' habits significantly impact their **well-being**. *Ultra-processed foods* and excessive screen time negatively affect health, while physical activity improves it. Alcohol shows mixed effects. These findings emphasize the need for promoting **healthy habits** in educational workplaces.

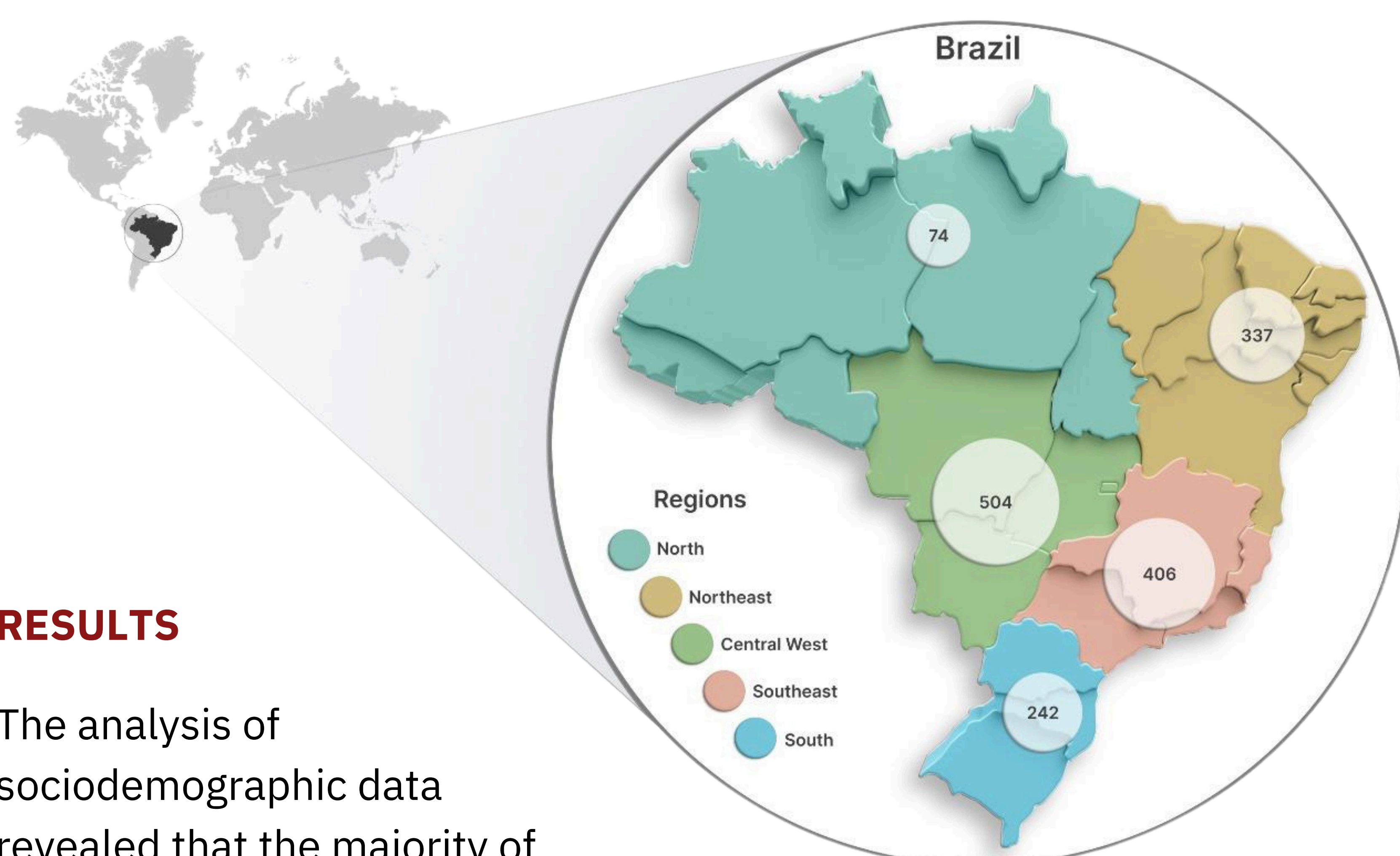
BACKGROUND

- Promoting Quality of Life (QL) is a complex initiative with the potential to positively transform the work environment and boost institutional progress.
- Understanding the risk factors for mental health problems, intensified during the pandemic, is fundamental to promoting healthy habits among civil servants.
- The aim of this study was to assess the risk factors associated with the QoL and mental health of civil servants in the Brazilian Federal Education Network.

METHODS

- Cross-sectional study, carried out between June 25 and November 25, 2022.
- Survey entitled "Quality of Life in Brazilian Education - Qole-BRA".
- Sample: 1563 civil servants.
- Instruments used: DASS-21, WHOQOL-bref, Back-PEI and PeNSE.
- Application: online.
- Data analysis: Student's t-test (pairwise comparison) and two-way ANOVA (three or more subgroup factors).
- The analysis was carried out using SigmaPlot software.
- Research Ethics Committee (Opinion No. 5.270.596).

Figure 1. Map of the sample distribution across regions.



RESULTS

The analysis of sociodemographic data revealed that the majority of the survey participants were female (57.5%), and the predominant educational level was a master's degree (40.7%). People from all regions of Brazil participated in the study (Figure 1).

RESULTS CONTINUED

With regard to the employees' eating habits, the results revealed frequent consumption of ultra-processed foods (table 01).

Markers of sedentary activities	DASS-21 instrument scales (M±SD)			WHOQOL-bref instrument domains (M±SD)			
	Depression	Anxiety	Stress	Physical	Psychological	Social	Environmental
How many hours a day do you sit at your computer?	<i>p</i> =0.492	<i>p</i> =0.052	<i>p</i> =0.055	<i>p</i> =0.124	<i>p</i>=0.002	<i>p</i> =0.198	<i>p</i><0.001
≤2 hours ^a	5.3 ± 5.1	4.1 ± 4.5	7.3 ± 5.3	65.8 ± 17.1	66.1 ± 17.5	60.3 ± 23.2	67.2 ± 17.9
3–4 hours ^b	5.1 ± 5.1	3.7 ± 4.5	6.9 ± 5.3	64.9 ± 17.6	67.0 ± 17.4 ^c	63.5 ± 21.7	67.1 ± 16.9 ^c
≥5 hours ^c	5.5 ± 5.1	4.5 ± 4.8	7.7 ± 5.1	63.4 ± 16.0	63.1 ± 16.6 ^b	60.7 ± 20.6	63.1 ± 15.4 ^b
It depends on the day ^d	5.7 ± 6.1	4.7 ± 5.5	8.3 ± 6.2	59.8 ± 18.5	61.4 ± 18.2	59.0 ± 21.2	64.0 ± 16.8
Do you exercise regularly?	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001
Yes	4.7 ± 4.7	3.8 ± 4.4	7.0 ± 4.9	67.1 ± 15.5	67.2 ± 15.3	64.4 ± 19.8	67.1 ± 15.0
No	6.4 ± 5.5	5.2 ± 5.1	8.4 ± 5.4	59.4 ± 16.6	59.4 ± 17.7	56.9 ± 21.6	59.9 ± 16.1

Table 01: Consumption of ultra-processed foods, alcohol intake and screen time, associated with mental health and QoL.

Activity and inactivity patterns were analyzed, considering screen time and frequency of physical activity (Table 2).

Food markers (last 7 days)	DASS-21 instrument scales (M±SD)			WHOQOL-bref instrument domains (M±SD)			
	Depression	Anxiety	Stress	Physical	Psychological	Social	Environmental
Ultra-processed foods	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001	<i>p</i><0.001	<i>p</i>=0.002	<i>p</i><0.001
0–4 days	5.1 ± 4.9	4.2 ± 4.6	7.3 ± 5.0	64.3 ± 16.1	65.0 ± 16.2	61.9 ± 20.4	64.6 ± 15.4
5–7 days	7.7 ± 6.0	5.8 ± 5.5	9.4 ± 5.6	59.7 ± 17.6	56.7 ± 18.6	56.2 ± 23.6	59.8 ± 18.2
In the last 30 days, how many times have you consumed alcohol?	<i>p</i> =0.311	<i>p</i>=0.003	<i>p</i><0.001	<i>p</i> =0.190	<i>p</i> =0.185	<i>p</i> =0.054	<i>p</i>=0.001
Nenhum day ^a	5.5 ± 5.3	4.4 ± 4.8 ^{c,d}	7.3 ± 5.0 ^{c,d}	62.3 ± 16.2	63.1 ± 16.7	59.3 ± 21.1	61.3 ± 16.8 ^d
1–2 days ^b	4.9 ± 4.8	3.7 ± 4.5	6.9 ± 5.1	64.5 ± 16.2	65.6 ± 16.1	61.5 ± 20.1	65.0 ± 15.0 ^d
3–9 days ^c	5.7 ± 5.0	4.6 ± 4.8 ^a	8.1 ± 5.1 ^a	64.4 ± 16.2	62.9 ± 16.8	61.7 ± 20.8	65.2 ± 15.2 ^d
≥10 days ^d	6.0 ± 5.7	5.1 ± 5.1 ^a	8.4 ± 5.7 ^a	63.5 ± 17.9	64.4 ± 18.5	63.2 ± 22.2	65.1 ± 16.1 ^{a,b,c}

Table 02: Markers of sitting activities associated with mental health and QoL.

CONCLUSIONS

- The results indicate that habits such as frequent consumption of ultra-processed foods, regular alcohol intake, sedentary lifestyles and prolonged exposure to screens are associated with adverse effects on the health and well-being of civil servants.
- These findings highlight the importance of implementing institutional policies in the federal educational sphere aimed at improving the quality of life and mental health of staff.

Thank you

IF Goiano, PIBIC/CNPq, FAPEG, CAPES
Research Group on Child and Adolescent Health
(GPSaCA - <https://www.gpsaca.com.br>)