

Epidemiological profile of occupational depression in Brazil between 2006 and 2023

P1-H13

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During the study period, 3534 cases were reported, with the highest incidence in 2022 (17.3%) and most frequently in the State of São Paulo (25.8%). There was a predominance of female cases (68.9%), white (43.9%), with a high school education (30.2%), and formally employed with registered contracts (64.9%).

BACKGROUND

Work-related mental disorders (WRMDs) can be attributed to poor working conditions. Among these, depression is one of the most common behavioral disorders associated with mood disturbances, loss of interest, feelings of guilt and worthlessness, sleep and appetite changes, decreased energy, and reduced concentration, affecting work performance.

Aim: To describe the epidemiological profile of occupational depression in Brazil from 2006 to 2023.

METHODS

This is a cross-sectional, quantitative, and exploratory study of depression cases occurring in Brazil between 2006 and 2023.

The specific diagnosis for workers aged 18 years or older, according to ICD-10, was F32, F321, F322, F323, F328, and F329.

The variables of interest included sociodemographic and occupational characteristics, information, referral data, and case progression.

Data were collected from SINAN/DATASUS. Descriptive statistical analysis was performed using SPSS software version 27.

As this involved publicly available secondary data, approval from the Research Ethics Committee was not required.

RESULTS

During the study period, 3534 cases were reported, with the highest incidence in 2022 (17.3%) and most frequently in the State of São Paulo (25.8%).

There was a predominance of female cases (68.9%), white (43.9%), with a high school education (30.2%), and formally employed with registered contracts (64.9%).

Non-users of alcohol (61.6%), drugs (58.7%), and tobacco (56.7%) were noted, but there was significant use of psychopharmacological treatment (37.6%).

The majority were removed from situations of mental strain at work (50.2%), and there was a lack of adoption of individual (62.2%) and collective (68.1.5%) protection measures or job changes (63.5%).

Other workers with the same illness accounted for (33.1%), treatment was mostly outpatient (88.6%), with referrals to psychosocial care centers (62.7%) leading to temporary work disability (63.2%).

The most affected occupations were nursing technicians (4%) and workers in waste collection, cleaning, and public area maintenance services (3.2%).

RESULTS CONTINUED

Graph 1. Notification of occupational depression cases in Brazil, between 2006 and 2023. (N. 3534)

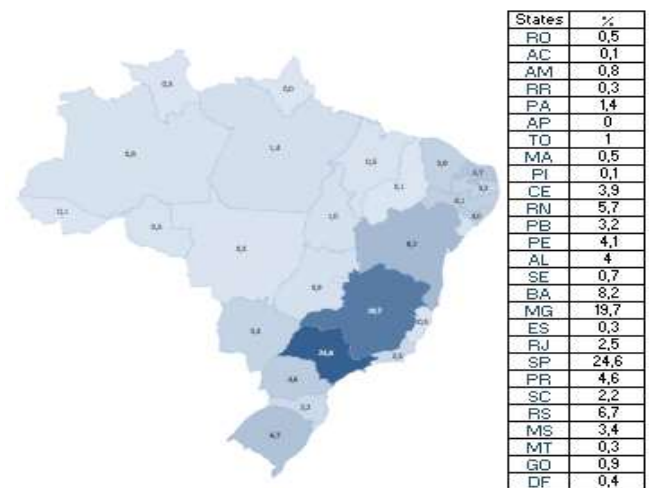
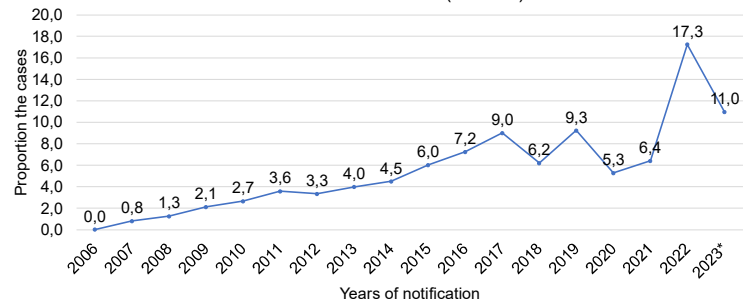


Figure 01. Disorders Related to Trauma and Occupational Stressors in Brazil between 2006 and 2023, according to Brazilian states. (N. 6167)

CONCLUSIONS

The results indicate an increased incidence of depression in 2022 and among women, which may be attributed to exacerbated work conditions due to recent events such as the COVID-19 pandemic, significantly impacting work environments in terms of stress and economic insecurity.

ADDITIONAL KEY INFORMATION

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