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Studies of Common Mental Disorders of Endemic Workers in the state of Rio de Janeiro, Brazil



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Introduction

Endemic Workers are among the categories most exposed to the effects of pesticides (agrottoxics) used in vector control. They also face unsafe working conditions with reports of moral harassment, inadequacy or lack of training, and almost nonexistent educational processes. Previous studies have observed harm to the mental health of rural workers caused by exposure to agrottoxics.

Objective

To analyze the relationship between mental health and the workers' activities to combat endemic diseases in the state of Rio de Janeiro under the current situation

Materials and Methods

To this end, an online questionnaire was applied with questions related to work, health, sleep quality, and working and health conditions in the pandemic, including the Self-Reporting Questionnaire for screening common mental disorders (CMD). We obtained 139 valid questionnaires and employed the Chi-square and Fisher's exact test for statistical analysis.

Results / Discussion

The study identified the frequency of 43.2% of symptoms indicative of CMD in the studied population regarding CMD.

✓ Marital status and education were also associated with $p \leq 0.01$ and $p \leq 0.05$, respectively;

✓ The work associations were sprinkler pump ($p \leq 0.02$);

✓ Referred intoxication symptoms ($p \leq 0.00$);

✓ Concerning cases of a previous diagnosis of depression, we identified associations with females ($p \leq 0.03$);

✓ Activity involving contact, handling, or application of agrottoxic in the past ($p \leq 0.04$);

✓ Referred symptoms of intoxication ($p \leq 0.00$) and;

✓ Suicidal ideas ($p \leq 0.00$)

Conclusion

The results reinforce that working conditions and processes have been an illness-triggering factor in the studied population. Changes in the work process are necessary to avoid work that is harmful to the worker's health.

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