A Systematic Review of Work-Related Factors for Mental Health Disorders Among Workers

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Opportunity

Abstract

Introduction: Construction workers have some of the highest rates of substance, mental health and behavioral disorders, including depression and stress, compared to other occupations. However, it is unclear how work related factors influence these disorders, as well as whether workplace interventions have been effective in reducing the burden of these disorders. Rationale/Objectives: We aim to provide concrete and reliable data on factors in the workplace affecting mental health from the literature, and characterized interventions that help to improve the mental health and well being of workers. We pulled articles from PubMed using four broad search areas: worker, workplace, intervention, and mental health and well being terms. Further quality assessment will be conducted by using inclusion and exclusion criteria. We will then synthesize these results into recommendations for future workplace mental health interventions and areas for future research. Strengths: A systematic review design is an exhaustive review of literature that is both reliable and valid and will provide us with the best quality literature. This is the first research undertaking to synthesize all of the existing literature on mental health among construction workers. Results: Our initial search in PubMed yielded 1027 results from the past 10 years. Impact: This data will inform a work-based mental health and wellness intervention in order to reduce stress and mental health problems among workers.

Background

Construction workers face risks to both their physical and mental health.

- Limited literature
- Mental health often treated at the individual level
- Social media campaigns via brochures and posters at worksites
- There exists a movement among community health to go beyond the individual
  - EAPs (employee assistance programs)
  - Isolated from other health and safety efforts, and further interventions and outcomes unclear and need research

Goal

To understand the effects of workplace interventions to improve mental among workers, especially blue collar workers?

Data/Results

Intervention Type | Example | Outcome
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**Psychosocial**
- Telephone Mindfulness-Based Stress Reduction (MBRPF)
- Cope with behavioral therapy
- Improved work performance and cognitive flexibility
**Leadership**
- Workplace leadership coaching & mental health literacy training
- Improved behavior and sustained team effectiveness session
- Results upon literature review
**Health Promotion**
- Workplace Health System Cardiovascular Health Risk Reduction Program
- One day workshop
- Enhanced empowerment
**Physical Health**
- Lifestyle-based weight management program
- Improved mental health
**Job-Related Skill**
- Work-based program technique
- Significantly lowered fatigue
- Improved physical and psychological well-being
**Psychosocial/Physical Health Combinations**
- Integrated Health Program
- Exercise, stress management training and health into and exam of participant's workplace
- Reduced depressive symptoms, improved physical and mental health
**Organizational**
- Change in structure of work time
- Promotes employee wellness
- Improved mental wellness

Impact

The unique feature about our research is:
- First to attempt a systematic review of available mental health/wellness interventions for workers
- This is a small part of a bigger study about the mental health of a construction worker.

The Big Picture

- This data will inform a work-based mental health and wellness intervention in order to reduce stress and mental health problems among workers.

Critical Relevance

Healthcare providers make better clinical decisions when they understand the circumstances of their patient and combine their personal experience with clinical evidence underlying the available options.47 This systematic review will provide healthcare providers including physical therapists with reliable and valid research covering the topic of mental health among construction workers and most importantly shed light to the existence of work-related factors causing mental health disorders. This will in turn allow for appropriate treatment interventions that include timely referral to third party healthcare providers who specialize in the mental health field, and overall allow for an effective treatment plan tailored for each patient.

Specifically for Physical Therapy, mental health can have an impact on patient's recovery and affect their physical therapy progress and outcomes.

- Compliance and motivation
- Effect on cardiovascular and musculoskeletal systems
- Effects of stress
- Attention problems and anxiety

References:


Approach

1. Question Development
- Select search terms from four broad areas: worker terms, workplace terms, intervention terms, and mental health and wellbeing terms related to our primary research questions;
- What factors in the workplace are associated with mental health for construction workers?
- What health and wellness interventions currently exist in the workplace for blue collar workers?
- Which one of these work to reduce stress and mental health problems among blue collar workers?

2. Literature Search
- Use PubMed free text search to:
  - Use a Boolean OR operator within each four broad areas.
  - Then combining these four broad area terms using the Boolean AND operator yielded 3346 literature results (limitation to past 10 years)

3. Relevance screen
- Determined by title and abstract of literature
- Exclusion criteria:
  - Is this an article in English? (yes, NMI, no)
  - Is the article a commentary or editorial? (yes, NMI, no)
  - Did the study take place in a work setting? (yes, NMI, no)
  - Did the study evaluate a program or intervention? (yes, NMI, no)
  - Did the study use a comparison group? (concurrent or historic?) (yes, NMI, no)
  - Did the study outcomes included mental health disorders, symptoms, signs or other indicators of mental health and wellbeing? (yes, NMI, no)

4. Quality appraisal
- Literature considered to have High, Medium, or Low validity
- To be conducted

5. Data extraction
- From High-Validity studies
- To be conducted

6. Evidence of synthesis
- To be conducted

Flowchart of study identification, selection, and synthesis.