



POSTER PRESENTATION

Job quality and mental health – the role of the economic crisis

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Abstract

Objectives: Review available literature concerning the impact of the Economic Crisis in Workplace Mental Health focusing mainly on European data.

Methods: Non systematic review using PubMed database with the Mesh words "Job Satisfaction" and "Mental Health". Review of the European Union (EU) Official Publications regarding this subject. Publications dating from 2007 to present were considered.

Results: PubMed database found 126 results from which 13 were considered relevant. Four EU Official Publications available online were also considered relevant.

Discussion: In recent years there has been a substantial change in European workplaces and an increasing concern about job-related mental health. Work-related stress occurs when workers are presented with work demands that are

not matched with their knowledge, skills or abilities, and that challenge their ability to cope. The Financial crisis has accentuated some negative aspects of work that influence mental health, such as: workforce ageing, emergence of new forms of employment contracts, increased job insecurity, work intensification, and use of irregular and flexible working time. In 2012, about 20% of workers reported poor mental well-being. As a result, stress, depression and anxiety, were the second most frequently reported work-related health problems in Europe.

Conclusions: Psychosocial risks that negatively impact workers' mental health have been increasing due to the financial crisis. Work-related mental ill-health is a growing public health problem in Europe. Measures must be taken to improve job quality so that these health burdens decrease.

Supplementary material: Complete presentation available at <http://ijcnmh.arc-publishing.org>

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