

Work-related psychosocial factors and treatment for mental disorders

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Objective This paper will present work-related psychosocial correlates of having sought treatment for mental disorders.

Method All employees caring for the aged in institutions in Iceland were approached on 1 November 2000. Eighty percent ($N = 1515$) returned a paper and pencil questionnaire on psychosocial work factors and history of having sought treatment for mental disorders.

Results The prevalence of sleep disorders, depression, and anxiety disorders was 12, 11 and 12%, respectively. Those so affected were much more likely to consider the job mentally difficult, and be mentally exhausted after the working day. On the other hand, satisfaction with relationship with other staff and supervisors did not differ between these employee and others despite the fact that they were much less satisfied with the flow of information at the workplace.

Conclusion Psychosocial factors at the workplace need more attention to ensure the well-being of persons with mental disorders at the workplace