

## **P20: Analysis of the impact of work shift on Burnout syndrome, anxiety, depression and stress**

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**Introduction:** Work shift and night work have been associated with health disorders, as well as with the decrease of workers' safety and productivity, and poor family and social relationships. However, the effects of this type of work in the incidence of psychosocial risks are still little known.

**Objectives:** This study aims to analyze the impact of the work shift in the prevalence of Burnout syndrome, anxiety, depression and stress.

**Materials and Methods:** This study was conducted in a metal-mechanic industry. A total of 175 workers of the production sector, that were a part of three work shifts (morning, afternoon and night) participated in this study. The Burnout syndrome was assessed by the Shirom-Melamed Burnout scale and the anxiety, depression and stress was measured through the 21-item Depression Anxiety Stress scale.

**Results and Discussion:** The obtained levels of Burnout and stress were low, while anxiety and depression exhibited higher levels. Higher levels of psychosocial risks were found in the morning work shift and lower in the night work shift. However, no significant differences were found between the three shifts. These results can be explained by several factors such as the workers' age, years of work at the referred shift, the existence of second employment and production demands.

**Conclusion:** This work emphasizes the need to implement risk reduction measures, particularly in the morning work shift.

### **References**

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