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ABSTRACTS

INFLUENCE OF EDUCATIONAL SESSIONS ON MUSCULOSKELETAL DISORDERS ON SLEEP QUALITY AND SLEEP LITERACY IN HEALTH SCHOOL GROUP EMPLOYERS: PILOT STUDY

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Introduction. Occupational diseases, especially musculoskeletal disorders (MSDs) are a major factor in our health. Behaviour during the working day can influence the quality of our night. The lack of prevention and information about MSDs and their relationship with the quality of sleep weakens the quality of life and the health of people.

Aim of work. As specific objectives, we want to verify if there is an association and correlation between the socio-demographic variables, gender, age, academic qualifications, physical activity, daily sitting time and BMI with the sleep quality index.

Materials and Methods. A quasi-experimental pilot study was conducted on 21 health school employers. They were allocated in two groups, the Experimental ($N = 11$), which was subjected to educational sessions, and the Control ($N = 10$), constituted of the employers who were not interested in attending the educational sessions. A pilot study was carried out, where the sample characterization and selection questionnaire were tested and validated. The Pittsburgh Sleep Quality Index and the quiz on sleep literacy were used as instruments for all participants. The analysis and treatment of the collected results was carried out using version 28 of the IBM® SPSS® software, with a confidence interval of 95%.

Results. There was no statistically significant improvement in the global quality of sleep intergroup ($p = 0.314$). No significant differences were found between the experimental group and the control group regarding intra-group score differences between the two moments ($p = 0.863$ and $p = 0.756$, respectively). Comparing the two groups there was no statistically significant increase in the quiz scores before and after the intervention ($p = 0.809$). Also in the intragroup analysis, there

was no increase in knowledge between the two moments. The results showed no statistically significant differences regarding the associations and correlations of the sociodemographic variables with sleep quality.

Conclusions. The educational sessions did not improve the participants' sleep quality and sleep literacy. Associations between sociodemographic factors and sleep quality were not found.