

# Author's Accepted Manuscript

Sleep-related problems and minor psychiatric disorders among Brazilian shift workers

Maria Teresa Anselmo Olinto, Anderson Garcez, Ruth Liane Henn, Jamile Block Araldi Macagnan, Vera Maria Vieira Paniz, Marcos Pascoal Pattussi



PII: S0165-1781(16)31823-6  
DOI: <http://dx.doi.org/10.1016/j.psychres.2017.08.018>  
Reference: PSY10733

To appear in: *Psychiatry Research*

Received date: 26 October 2016  
Revised date: 7 July 2017  
Accepted date: 12 August 2017

Cite this article as: Maria Teresa Anselmo Olinto, Anderson Garcez, Ruth Liane Henn, Jamile Block Araldi Macagnan, Vera Maria Vieira Paniz and Marcos Pascoal Pattussi, Sleep-related problems and minor psychiatric disorders among Brazilian shift workers, *Psychiatry Research*, <http://dx.doi.org/10.1016/j.psychres.2017.08.018>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

**Sleep-related problems and minor psychiatric disorders among Brazilian shift workers**

**Maria Teresa Anselmo Olinto<sup>a,b\*</sup>, Anderson Garcez<sup>a</sup>, Ruth Liane Henn<sup>a</sup>, Jamile Block Araldi Macagnan<sup>c</sup>, Vera Maria Vieira Paniz<sup>a</sup>, Marcos Pascoal Pattussi<sup>a</sup>**

<sup>a</sup>Post-graduate Program in Collective Health, University of Vale do Rio dos Sinos, São Leopoldo, RS, Brazil

<sup>b</sup>Department of Nutrition, Federal University of Health Science of Porto Alegre, Porto Alegre, RS, Brazil

<sup>c</sup>Department of Nursing, University of the State of Santa Catarina, Palmitos, SC, Brazil

\*Corresponding author: Post-Graduate Program in Collective Health, University of Vale do Rio dos Sinos, Av. Unisinos 950, C.P. 275, São Leopoldo, RS, Brazil, 93022-000. Tel.: +55-51-35901239; Fax: 55-51-35908479. mtolinto@gmail.com

**Abstract**

The aim of this study was to explore the association between sleep-related problems with the occurrence of minor psychiatric disorders in shift workers of southern Brazil. A cross-sectional study with 1202 workers (785 females) aged 18-50 years was carried out. Minor psychiatric disorders were assessed using the Self-Reporting Questionnaire (SRQ-20), and four sleep problems were collected and analyzed: sleep deprivation ( $\leq 5$  hours), difficulty falling asleep, waking up during sleep, and sleep medication use. Results show that the overall prevalence of minor psychiatric disorders was 26.8%, but it was more prevalent among females than males (30.2% vs. 20.4%). Nightshift work was significantly associated with the occurrence of sleep-related problems. After adjusting for confounding factors, the number of sleep-related problems showed a positive linear trend with psychiatric disorders in both sexes. Having two or more sleep-related problems was associated with increased

Download English Version:

<https://daneshyari.com/en/article/4933510>

Download Persian Version:

<https://daneshyari.com/article/4933510>

[Daneshyari.com](https://daneshyari.com)