

**PSYCHOLOGICAL DISTRESS AMONG
SHIFT WORKERS AT MYANMAR OIL AND GAS
ENTERPRISE HOSPITAL IN CHAUK TOWNSHIP,
MAGWAY REGION**

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B.N.Sc**

**Master of Public Health (MPH)
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ABSTRACT

Shift work is characterized by rotation and scheduling. Both healthcare and non-healthcare professionals are usually bound into schedules that provide 24-hour care encompassing the night shift labor. Shift workers are at increased risk of psychological distress because of adverse health effects of shift work. This study aimed to determine psychological distress of shift workers working in Myanmar Oil and Gas Enterprise (MOGE) Hospital, Chauk Township, Magway Division. A cross-sectional study was conducted from April to August, 2022. Data on socio-demographic and occupation-related variables were obtained from 66 participants, including doctors, nurses, nurse aids and general workers directly involved in shift work duty. Levels of psychological distress were assessed by the General health Questionnaire GHQ-28. Independent two-sample t-test for binary covariates, and one-way ANOVA for covariates with more than 2 groups were performed to estimate mean difference according to shift workers' covariates. Only 4.6% of the shift workers showed a high risk of psychological distress. Mean psychological distress scores in this study was 13.1 (SD = 5.8). Mean psychological distress score of graduated participants had higher scores than non-graduated ones and was statistically significant (Mean difference = -5.6, $p = 0.001$). Mean score for somatic subscale was higher in 42 to 62 aged participants than in 22 to 42 aged participants and this finding was statistically significant (Mean difference = -1.6, $p = 0.001$). Overall psychological distress score, mean scores for anxiety/insomnia, social dysfunction, severe depression subscales were different according to marital status. These differences were statistically significant ($p = 0.001$ each). Mean psychological distress scores were found to be higher among the shift workers with higher monthly personal income (Mean difference = -3.3, $p = 0.032$). Despite a few shift workers suffered from psychological distress, the results indicated that estimated mean psychological distress score was different according to socio-demographic characteristics and work-related factors. Therefore, comprehensive occupational health services, ergonomic interventions and the shift work systems designed for the well-being of the hospital shift workers are needed to be developed.