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WORK PLACE PHOBIA AND TYPE OF JOB

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Background: Conditions at the work place affect in many ways the well being of employees. One frequent reaction is anxiety because of threats by superiors, colleagues or customers, the possibility of failing and not fulfilling job demands, accidents, or the possibility to lose the job.

Method: 230 patients (71% female) from a psychosomatic inpatient unit were interviewed with a DSM-based half standardized interview in respect to work related anxiety.

Results: 58% of the patients reported about work related anxieties.

Across all areas generalized work related worrying is most frequent (26% service, 35% office/civil servants).

Anxieties related to specific situations at work were most frequent in patients working in schools/education (32%) and in production/construction workers (28%).

Anxiety related to feelings of insufficiency and adjustment related anxiety were most often seen in office workers/civil servant (37% and 26%).

Hypochondriac anxieties were mostly reported by school/education employees (18%) and construction/production workers (17%) but to a much lower degree by health workers (6%).

Work related phobic reactions were reported by 17% of all patients and most frequent by office workers/civil servants (22%), followed by health workers (21%), service jobs (16%), construction/production workers (11%) and patients working in schools and education (9%).

Conclusion: Work related anxieties are frequently seen in patients with mental and psychosomatic disorders. There are different types of anxieties which are differently related to different types of jobs.