

Anxiety as a Factor in Some Health Problems Facing Professional Females

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Abstract

In recent years an increasing number of women have been entering the labor force. The present study included 130 females aged ≥ 35 years and working in three different professions (50 clerks, 40 doctors and 40 teachers). We investigate the relation between their occupations and stress, in addition to other health problems. They were submitted to special questionnaires included demographic information, past and present medical history, family history and dietary history. Medical examination included weight, height and blood pressure. Anxiety scale and life events scale were used for each case. The results of our study revealed that 45% of doctors were in mild anxiety level, but 52% and 55% of clerks and teachers respectively were in the moderate anxiety level. 42.9% of clerks of the age group > 45 years were in the level of sever anxiety compared to 0% and 21.7% for doctors and clerks respectively. A significant relation was found between type of work, diabetes mellitus, obesity, hypertension and higher number and score of life events and anxiety score. Recommendations included pre and inter-employment psychological check up; especially for stressful jobs and at risk individuals and using up-to-date techniques of health education.

Key Words: Anxiety - Labor - Professional females.

Introduction

PEOPLE'S position within a social system subjects them to many environmental risks related to origin, diet, occupation, or other conditions over which they may have limited control. In addition to environmental risks, socio-economic groups may differ in level of basic knowledge, willingness to seek and comply with treatment and life style behaviors that may cause illness and premature death [1].

Occupation per se is a complex variable. Occupation categories can be surrogate measures for other risk factors such as physical activity, general fitness and socio-economic status. Hence, occupation can be linked through both social behavior and stress, to health-related behavior such as cigarette smoking and physical activity. The mode of job focuses upon an interaction between high physiologic demands occupation (work load and work place) and low amounts of decision-making, freedom