

Project Title

Mental Well-Being of Singaporean Workers Who Sustained Work-Related Injury: A Pilot Study

Project Lead and Members

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Organisation(s) Involved

Khoo Teck Puat Hospital

Healthcare Family Group(s) Involved in this Project

Allied Health

Applicable Specialty or Discipline

Occupational Therapy, Mental Health

Aim(s)

- To investigate the mental well-being of Singaporean workers who had sustained work-related injuries.
- To investigate the potential risk factors associated with post injury depression and anxiety among them.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Care Continuum

Intermediate and Long Term Care & Community Care, Social Care, Chronic Care, Self-Care, Population Health, Mental Health

Keywords

Psychosocial Well-Being, Depression, Anxiety

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ABSTRACT

Mental Well-being of Singaporean Workers Who Sustained Work-related Injury: A pilot study

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INTRODUCTION

An average of 12,205 cases of work-related injuries have been reported yearly in Singapore. A recent survey of 605 of Singapore's South Asian Migrant workers who sustained injuries at work, found that 62 percent of them met the criteria for **serious mental illness**. However, no known study has explored the mental health of Singaporean workers. The aim of our study is to investigate the **mental well-being** of Singaporean workers who had sustained work-related injuries. We also aim to investigate the potential risk factors associated with post injury depression and anxiety among them.

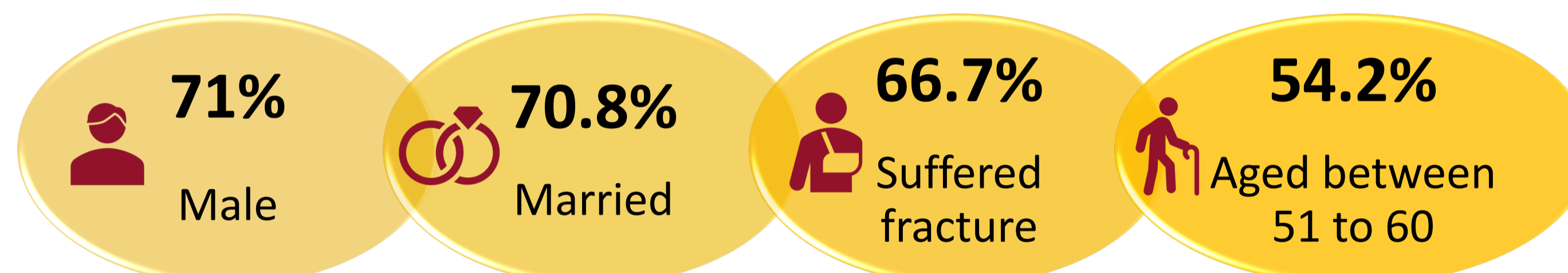
METHODOLOGIES

Singaporean workers who had sustained work-related injuries and sought treatment in Khoo Teck Puat Hospital (KTPH) from June 2021 and June 2022 were invited to participate in this cross-sectional survey. Two self-reported questionnaires including the **PHQ-9***, **GAD-7*** and **COVID-19* pandemic** related questions are administered. Descriptive statistics and T-test, Anova and Pearson correlation test were then tabulated and applied.

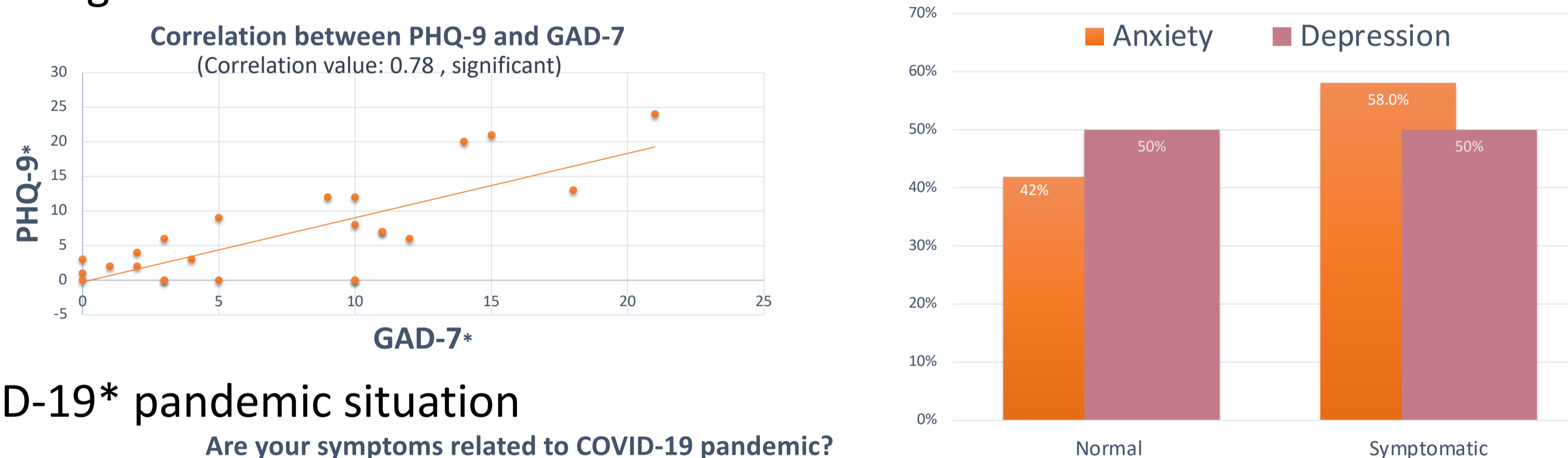
RESULTS

In this study, there are **twenty-four** participants recruited.

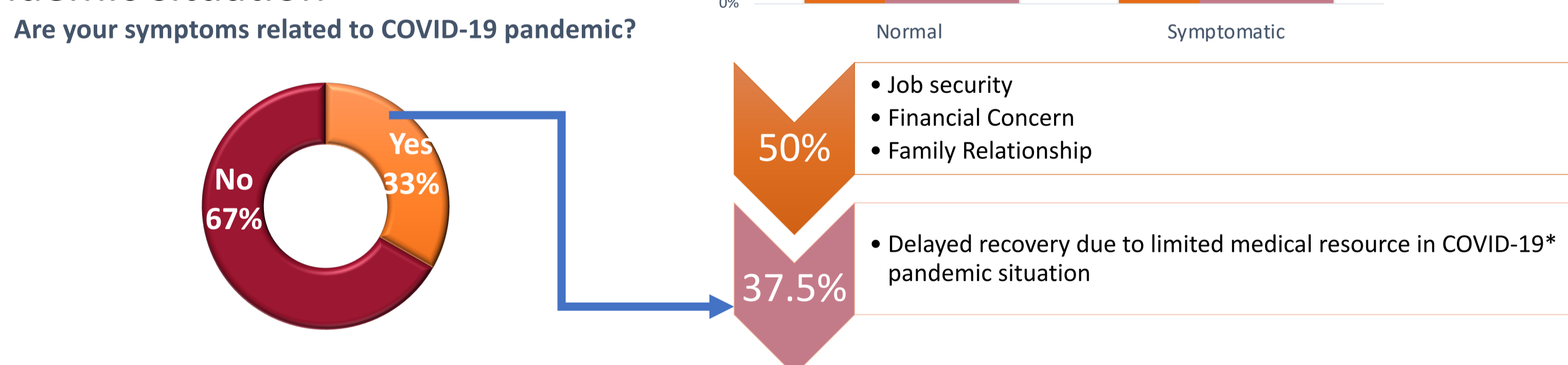
I. Demographic information



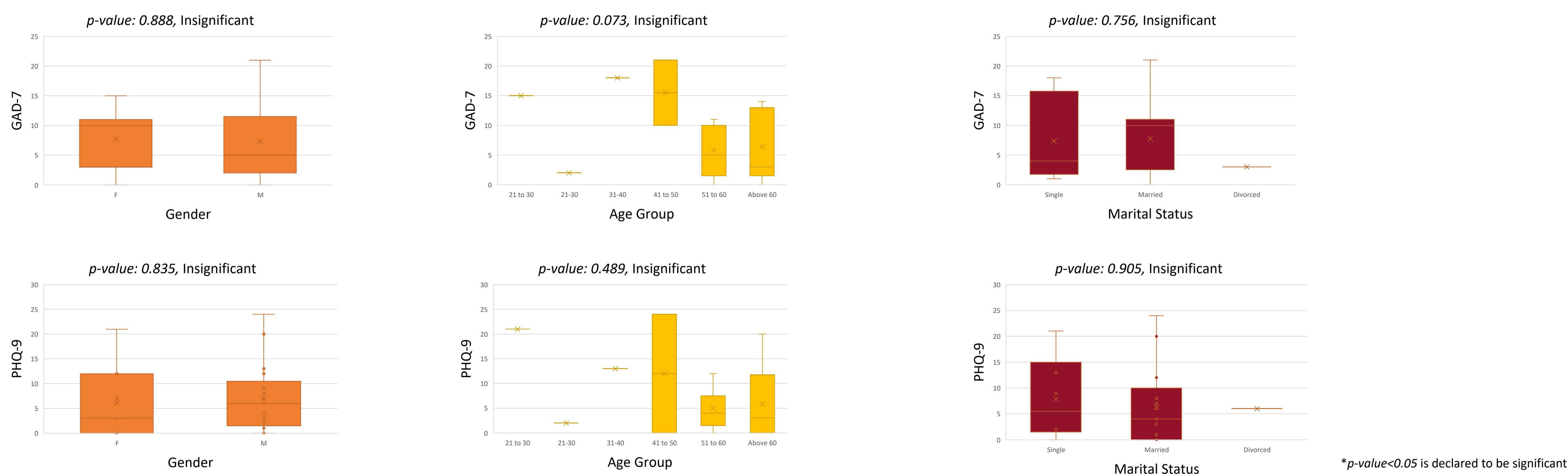
II. Psychological well-being status and correlation



III. Relation with COVID-19* pandemic situation



IV. Correlation between socio-demographics and psychological well-being status



CONCLUSION

In conclusion, our data suggest that half of the Singaporean workers who suffered from work-related injuries showed signs of depression and anxiety. Additionally, this study also found that showing signs of depression is correlated to presence of anxiety and vice versa. Based on the results, this phenomenon is not unique to COVID-19* pandemic situation as well. Furthermore, the prevalence of anxiety and depression is not correlated to workers' socio-demographics, which means that regardless of their ages, genders and marital status, they share the similar chances of suffering anxiety and depression. This supports the call for the doctor who is responsible for monitoring the health of these workers to investigate for the occurrence of anxiety and depression among Singaporean workers who sustained work-related injuries.