Abstract: P441

Association of some parameters of stress at work and metabolic syndrome clusters in males of open urban population

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Background: Unfavorable external factors having stress impact at work are acting together with internal factors such as anxiety, depression, anger, etc. Their mutual negative role can get worse in case of changing eating behavior, smoking and alcohol leading high-stress lifestyle. It creates the ground for cardiovascular diseases such as metabolic syndrome.

Purpose: To determine association of stress at work prevalence with metabolic syndrome (MS) clusters in open urban population males aged 25-64 years.

Methods: Cross-sectional epidemiology study was conducted based on representative sample of the voting lists of males aged 25-64 years from one of the administrative regions of Tyumen. Criteria of MS IDF (2005) and stress at work according to the questionnaire of World Health Organization MONIKA- Psychosocial «Knowledge and attitude to health» were used.

Results: As per criteria of IDF (2005), MS prevalence (three and more MS components) in males aged 25-64 of open urban population complied 15.0%. Three MS components in open urban population were defined in 17.3% of males aged 25-64 years, four MS components – in 2.9% of males and five components – in 0.1% of males. Regarding parameters of stress at work in the groups with MS, in case of «changes of load at work within the last 12 months», people with a 3-component MS cluster (combination of abdominal obesity (AO), hypertriglyceridemia (HTG), arterial hypertension (AH) significantly more rare did additional work in comparison with the control group (people without MS). Differences on this parameter were statistically significant. The majority of answers «I don’t like it at all» was given to the question «Do you like your work?» by the respondents with MS (clusters of AO, HTG, AH and AO, hypoCL HDLP, AH) compared to the control group (no MS). During the last year, responsibility at work decreased in the control group with MS clusters: AO, HTG, hypoCL HDLP and AO, AH, hyperglycemia. The majority of males with MS clusters: AO, HTG, hypoCL, HDLP and AO, hypoCL HDLP, AH estimated their responsibility at work as non-significant during the last year. The differences were statistically important relatively to the control group (no MS).

Conclusion: The groups with MS clusters (combination of AO, HTG and hypoCL HDLP or AO, HTG and AH) were mostly subjected to stress at work from all people with MS.