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Title: The assessment of mental health quality within health workers of "social insurance hospitals employees" in Tabriz

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Abstract: Introduction: Mental health is an important part of individual, social & occupational life. World health organization describes mental health as complete ability of playing social, physical and mental roles. Inattention to mental health is one of important factors that lowers efficacy, decreases humanity powers & causes physical & mental complications and work exhaustion, especially in providing professional services. As health workers are a major part of health system & their high occupational incentive is a necessity for providing health security within patient's and this major part of society, this research is conducted to assess their mental health quality.

Materials & Method:
This is a descriptive cross- sectional, correlative study which is done on 190 health worker. The questioner for data collection consisted of two parts: Demographic characteristics & Goldenberg general health questioner-28.data analysis was performed by using spss version 14 and statistical methods were Independent samples T-test ,chi square, one way ANOVA and Pearson correlative index.

Findings: two over three part of cases were female, mean age was 32/22. 76/3% were married, 49/5 % without any child and among who had children they most had one child. 32.2% of cases had mental disorders (their score was higher than 23).

Discussion: mean score of cases was 21, this score in comparison with general population score is high.
For many reasons mental health of health workers is exposed to danger. According to these findings, great stressors of such occupations are like: facing with unexpected situations, work turns especially night turns, organizational factors, individual factors & etc.

Presentation: Poster