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**Title:** Psychological stress at work and depression symptoms in employees of Polyacryl Iran Corporation Company  
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**Abstract:**
Introduction: Due to its sever consequences, depression disorder provides a primary challenge to medicine and public health. Current evidence indicates that an adverse psychological work environment contributes to the explanation of depression symptoms. This study was conducted to investigate the relationship between perceived work related to stress and depression in employees of Polyacryl Company.

Method: This cross – sectional study was carried out in 227 employees of the company. Self-administered questionnaire including demographic information and beck depression inventory was employed to collect data. Depression was measured as an interval scale ranged from 0 to 63. Siegrist's questionnaire was used to assess two components of job stress: effort – reward imbalance (ERI) and over-commitment (OC). Multiple linear regressions were applied to square root of dependant variable (depression) on ERI and OC using SPSS 16 software.

Results: Study population was totally male of whom 83.7% were married. Depression mean score was 7.7 (95% CI 6.7 – 8.5). After adjustment for confounders (education level, contract type, monthly income, employment history, number of children, shift working and negative affectivity), results revealed a significant effect of over-commitment ($\beta=0.11$, 95% CI: 0.05 – 0.17) and negative affectivity ($\beta=0.08$, 95% CI: 0.05 – 0.17), but borderline effect of type of contract and no significant effect of ERI.

Conclusion: Stressful working condition as defined by over-commitment is related to depression score. Considering cost and reduction in quality of life due to depression, the results call for an improvement in worksite condition of the plans including educational program to cope with stress.

**Work Related Stress, Depression, Effort-Reward Imbalance, Polyacryl**  
**Presentation:** Poster