Association of neck and shoulder complaints with psychosocial factors measured by the COPSOQ

De Meester M$^{1,2}$, Kiss P$^{1,2}$

$^1$ Securex Occupational Health Service, Ghent, Belgium
$^2$ Department of Public Health, Ghent University, Ghent, Belgium
Aim

- evaluation of the influence of occupational psychosocial factors on the presence of neck and shoulder complaints (NSC)
Methods (1)

- cross-sectional questionnaire study

- study population
  - public sector
    - administrative workers, library workers, professional fire fighters, teachers, technical personnel, cleaning personnel, social service, child care, cleaning at home, nursing personnel, nursing at home, kitchen personnel and harbour personnel
  - 1281 subjects (83.8% response rate)
  - 1143 at least 12 months seniority
  - 27 subjects excluded (earlier neck shoulder trauma)
  - **final study population: 1116 (73.0%)**
Methods (2)

- dependent outcome variable
  - NSC last 12 months ("Nordic" questionnaire)
- COPSOQ II + ‘degrees of freedom’
- physical workload
- full/part time work
- age, gender
- number of children at home, taking care of disabled people
- multivariate logistic regression analysis (COPSOQ scales 0 – 10)
Population characteristics

- 68.5 % women (n=765)
- mean age (yrs): 43.5 (SD 9.9)
- age range (yrs): 20 – 68

- 55.2 % neck shoulder complaints not due to an accident (n=616)
Mean values (SD) (1)

- quantitative demands 42.0 (19.3)
- work pace 61.5 (18.2)
- cognitive demands 59.6 (20.0)
- emotional demands 44.7 (23.2)
- demands for hiding emotions 65.5 (18.2)
- role conflicts 34.2 (19.4)
- job insecurity 24.2 (26.4)
Mean values (SD) (2)

- degrees of freedom 40.6 (20.6)
- role clarity 76.4 (17.6)
- predictability 55.6 (23.5)
- meaning of work 81.6 (17.5)
- variation of work 57.6 (23.5)
- possibilities for development 64.6 (21.3)
- influence at work 42.2 (17.2)
<table>
<thead>
<tr>
<th>Item</th>
<th>Mean Value (SD)</th>
</tr>
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<tbody>
<tr>
<td>quality of leadership</td>
<td>56.8 (23.9)</td>
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<tr>
<td>social support from supervisor</td>
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<td>social community at work</td>
<td>72.8 (18.5)</td>
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<td>commitment to the workplace</td>
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<tr>
<td>horizontal trust</td>
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<tr>
<td>rewards</td>
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Multivariate logistic regression analysis
OR (95% CI) for the presence of NSC in the past 12 months (n=1043)

- gender (F vs. M) 2.23 (1.69-2.93)
- quantitative demands 1.12 (1.04-1.20)
- emotional demands 1.07 (1.01-1.14)
- influence at work 0.92 (0.85-1.00)
- quality of leadership 0.91 (0.86-0.96)
Association of low back complaints with psychosocial factors measured by the COPSOQ

De Meester M¹,², Kiss P¹,²

¹ Securex Occupational Health Service, Ghent, Belgium
² Department of Public Health, Ghent University, Ghent, Belgium
Aim

- evaluation of the influence of occupational psychosocial factors on the presence of low back complaints (LBC)
Methods (1)

- Cross-sectional questionnaire study

- Study population
  - Public sector
    - Administrative workers, library workers, professional fire fighters, teachers, technical personnel, cleaning personnel, social service, child care, cleaning at home, nursing personnel, nursing at home, kitchen personnel and harbour personnel
  - 1277 subjects (83.5% response rate)
  - 1218 at least 12 months seniority
  - 114 subjects excluded (earlier low back trauma)
  - Final study population: 1104 (72.2%)
Methods (2)

- dependent outcome variable
  - LBC last 12 months ("Nordic" questionnaire)
- COPSOQ II + ‘degrees of freedom’
- physical workload
- full/part time work
- age, gender, BMI
- number of children at home, taking care of disabled people
- multivariate logistic regression analysis (COPSOQ scales 0 – 10)
Population characteristics

- 68.7% women (n=758)
- mean age (yrs): 43.5 (SD 9.9)
- age range (yrs): 20 – 68

- 53.9% low back complaints not due to an accident (n=595)
Mean values (SD) (1)

- quantitative demands 42.1 (19.2)
- work pace 61.4 (18.1)
- cognitive demands 59.7 (20.0)
- emotional demands 44.8 (23.2)
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Multivariate logistic regression analysis
OR (95% CI) for the presence of LBC in the past 12 months (n=1002)

- gender (F vs. M) 1.50 (1.12-1.99)
- physical work load 1.15 (1.08-1.22)
- possibilities for development 1.11 (1.04-1.18)
- quality of leadership 0.88 (0.83-0.93)