The prevalence of depression and anxiety in seafarers type 2 diabetic patients

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Background: The number of type 2 diabetic patients, during the past several decades, has increased in the population of seafarers, which have additional health-hazard. Depression and anxiety are prevalent co-morbid conditions in diabetes as disease-related psychological reactions on this chronic metabolic illness. This study was aimed to determine the occurrence of depression and anxiety in seafarer’s type 2 diabetic patients and its association with glycaemic control, degree of obesity and chronic microvascular complications.

Methods: A random sample of 52 diabetic seafarers treated with diet and oral glucose lowering agents, and 56 seafarers with no diabetes were screened for depression with the Beck Depression Inventory (BDI) and for anxiety with State-Trait Anxiety Inventory (STAI 1, STAI 2). Demographic details (age, duration of diabetes mellitus, body mass index (BMI), glycaemic control, therapy, microvascular complications) were recorded from the patient's medical records. The data on current life circumstances as seafarer (years on the ship, the duration of shipping routes during a year) were collected by a semi-structured interview.

Results: Depression (BDI score > 18.5) and anxiety (STAI score < 28.5) was significantly higher in the group of diabetic seafarers than in control group (more than 30%). Significant correlation was noted between depression and duration of diabetes mellitus, degree of obesity and poor glycaemic control (HbA1C>8%). The longer duration of shipping routes (over 6 months) were observed to significantly associate with severity and degree of depression and anxiety among diabetic seafarers.

Conclusion: The proportion of depression and anxiety was found higher in seafarer’s type 2 diabetic patients than in the group of healthy seafarers. Performing these short screening tests for depression and anxiety in routine work, will help us in prompt detection and treatment of both, diabetes and disease-related psychological reactions and mental disorders (anxiety and depression).

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Evaluation of Noise-Induced Hearing Loss among Apron Management Operators in Mehrabad International Airport, Tehran, Iran

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Mehrabad International Airport hosts about 300 flights daily, 120,000 flights annually, and a total of 8 terminals; it has the highest capacity for passenger transportation among Iranian airports. Since airport's airside is regarded as the noisiest place, its workers are frequently affected by the noise when airplanes are landing, taking off, moving between the aprons and the taxiways, refueling, being pushed by pushbacks, etc. Apron Management Unit (AMU) is in charge of aircraft safety and passengers, after landing. In Mehrabad, the AMU has been classified into marshalls, firefighters, traffic controllers and bird hunters. This investigation aimed to evaluate the occupational hearing loss among AMUs. Noise exposure evaluation was done using sound meter based on OSHA guidelines for extended work shifts. Thirty-five (35) male operators were selected based on the inclusion criteria as: having 25-35 years of age (to exclude the presbycusis), no experience of war, explosion or working in noisy job environments, no hereditary hearing disorders, and at least 3 years of work experience as apron management operator at this airport. The annual participants' audiometric information was extracted from medical records. The measured equivalence for 8 hours' noise exposure was 94dB (A). Medical records showed that 51.4%, 5.7%, 5.7%, and 2.8% of participants had suffered mild, moderate, and severe noise-induced hearing losses, respectively. Totally,18 participants (51.4%) had hearing losses and that 38.88% of them had it in both and 61.12% in one of their ears. Due to lack of safety obligations regarding the use of ear protectors, and high workloads, regular safety oversights are strongly recommended.

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