

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

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# 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%)**

- dependent outcome variable
  - NSC last 12 months (“Nordic” questionnaire)
- COPSQQ 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 (COPSQQ 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)

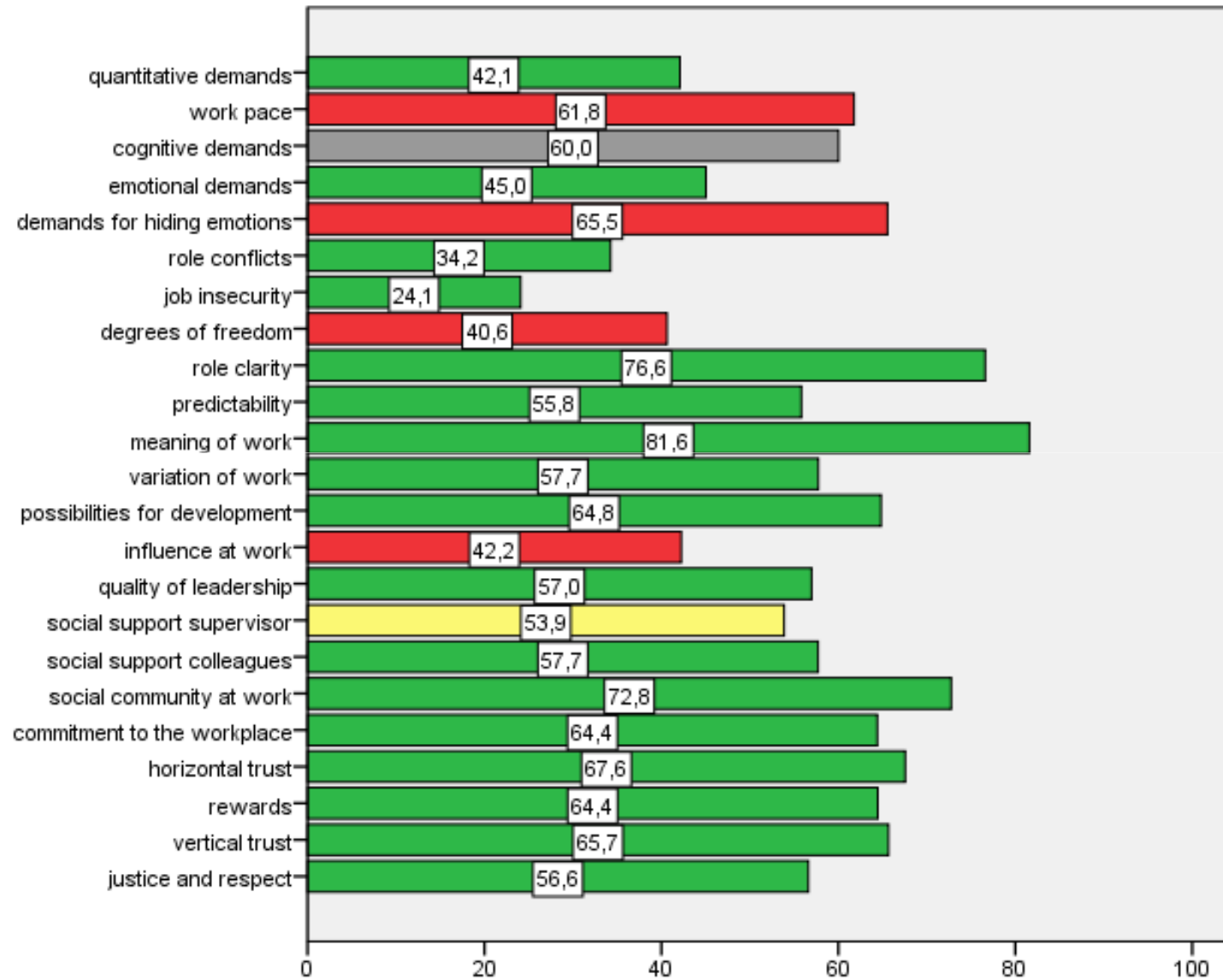
● degrees of freedom	40.6 (20.6)
● role clarity	76.4 (17.6)
● predictability	55.6 (23.5)
● meaning of work	81.6 (17.5)
● variation of work	57.6 (23.5)
● possibilities for development	64.6 (21.3)
● influence at work	42.2 (17.2)

## Mean values (SD) (3)

- quality of leadership 56.8 (23.9)
- social support from supervisor 53.6 (21.4)
- social support from colleagues 57.6(18.4)
- social community at work 72.8 (18.5)
- commitment to the workplace 64.4 (18.0)
- horizontal trust 67.6 (19.1)
- rewards 64.1 (23.8)
- vertical trust 65.5 (18.9)
- justice and respect 56.4 (21.3)



# COPSOQ - profile



## 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 COPSQ

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# 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%)**

- dependent outcome variable
  - LBC last 12 months (“Nordic” questionnaire)
- COPSQQ 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 (COPSQQ 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)
● demands for hiding emotions	65.4 (18.3)
● role conflicts	34.3 (19.5)
● job insecurity	24.2 (26.4)



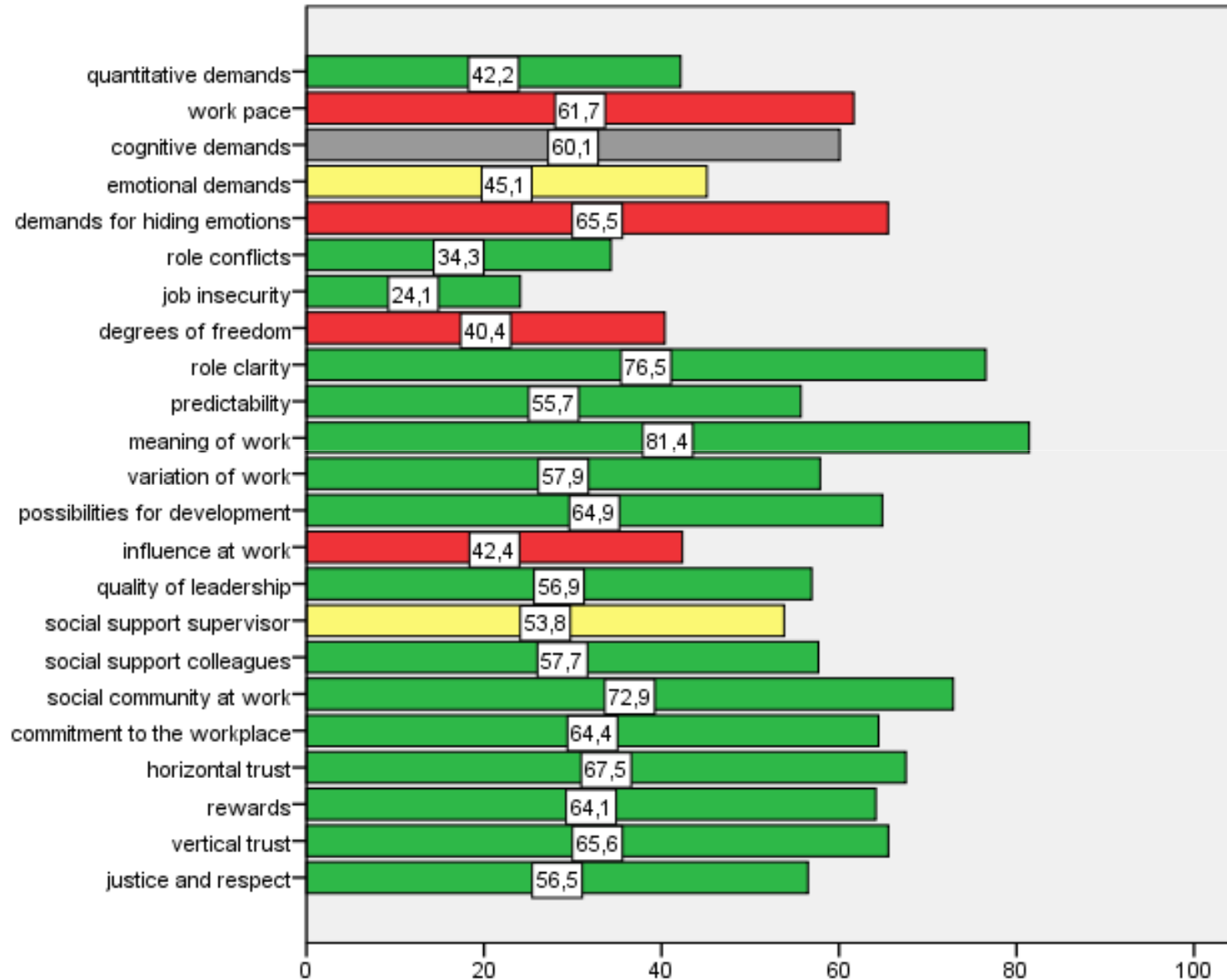
## Mean values (SD) (2)

● degrees of freedom	40.3 (20.8)
● role clarity	76.3 (17.7)
● predictability	55.4 (23.5)
● meaning of work	81.3 (17.7)
● variation of work	57.7 (23.6)
● possibilities for development	64.7 (21.3)
● influence at work	42.3 (17.2)

## Mean values (SD) (3)

- quality of leadership 56.7 (24.0)
- social support from supervisor 53.5 (21.4)
- social support from colleagues 57.6(18.3)
- social community at work 72.8 (18.3)
- commitment to the workplace 64.4 (17.9)
- horizontal trust 67.6 (19.2)
- rewards 63.8 (24.0)
- vertical trust 65.4 (18.9)
- justice and respect 56.2 (21.4)

# COPSOQ - profile



## 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)