



۱۰ تا ۱۱ اسفند ماه ۱۳۹۵  
اصفهان / ایران



## Quality of life, work ability and other important indicators of women's occupational health

NEGAH TAVAKOLI-FARD<sup>۱</sup>, SEYED-ALIREZA MORTAZAVI<sup>۲</sup>, JALIL KUHPAYEHZADEH<sup>۱</sup>, and MARZIEH NOJOMI<sup>۱</sup>

Iran University of Medical Sciences, Tehran, Iran

<sup>۱</sup> Department of Community Medicine

<sup>۲</sup> Department of Occupational Medicine Abstract

### OBJECTIVES:

Work ability may be considered as an important aspect of well-being and health status. One of the most important factors in association with work ability is health-related quality of life (HRQoL). The aim of this study has been to determine the association between work ability, individual characteristics and HRQoL of female workers.

### MATERIAL AND METHODS:

The design of this study has been cross-sectional. The work ability index (WAI) and Short-Form General Health Survey (SF-۱۲) questionnaires were used to collect data. Three hundred and twenty female workers were selected from food supplier factories in Karaj. One-way analysis of variance, Pearson's correlation analysis, independent sample t-test and multiple linear regression methods were used to analyze data.

### RESULTS:

Mean (M) and standard deviation (SD) of the WAI stood at ۳۵,۰۲ and ۵,۵۷, respectively. The categories of the WAI for women being as follows: ۸,۸% poor, ۶۲% moderate, ۲۵,۴% good and ۳,۷% excellent. Mean±SD for the physical component summary (PCS) and mental component summary (MCS) of quality of life was ۵۸,۸۴±۱۱,۱۲ and ۵۷,۴۵±۹,۹۴, respectively. There was a positive significant association between the PCS and MCS with the WAI ( $p = ۰,۰۰۱$ ). Workers with higher education had a better work ability ( $p = ۰,۰۰۲$ ) and shift-work workers had a worse work ability ( $p = ۰,۰۰۳$ ).

### CONCLUSIONS:

Work ability of majority of women was moderate. Considering mean age of studied women (۲۷,۶ years old), this work ability is not satisfactory. Physical and mental components of the HRQoL were the important factors associated with work ability.

This work is available in Open Access model and licensed under a CC BY-NC ۳,۰ PL license.

### KEY WORDS:

Mental health; job satisfaction; quality of life; women workers; women's health; work ability index



[/http://seminar.mui.ac.ir/HealthIFC](http://seminar.mui.ac.ir/HealthIFC)



۰۳۱۳۲۹۹۳۲۹۸



gmail.com@health1395



۰۳۱۳۶۶۹۳۲۹۸



اصفهان- خیابان هزار جریب- دانشگاه علوم پزشکی  
اصفهان- دانشکده پرستاری و مامایی- مجموعه  
مراکز تحقیقاتی پرستاری و مامایی- کد پستی  
۸۱۷۴۶۷۳۴۶۱  
مرکز همایش های علمی دانشگاه علوم پزشکی  
اصفهان- نالار ابن سینا