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### Stress in the workplace? Results from workplace stress survey, 2016

**Background & Aim:** The workplace stress survey was conducted online between March 1 to April 30, 2016 among adults aged 18+ years who work for Dubai Health Authority are either employed full-time or part-time employed. The survey conducted by Public Health and Safety Department as part of DHA 2016-21 Strategy Initiative (3.2 develop and implement a strategy for Occupational Health and Therapy/under Public Health and Safety program).

**Method:** The design of the survey is cross-sectional studies that provides a snapshot of the frequency of a work stress and related characteristics without retrospectively or prospectively follow up investigations. Participation in the workplace stress survey was completely voluntary. Individuals have the right to participate and freedom to refuse. The survey questionnaire based on a questionnaire developed by The American Institute of stress (AIS) Workplace Stress Survey. Respondents for this survey are given the opportunity to complete the survey in English and Arabic version. The two versions were identical. The results from the two datasets were combined into one database for the analysis. Results were calculated as needed by age band, sex, occupation, sectors, etc.

**Results:** The response rate based on DHA employee's registry for 2014 estimated to be around 10.9%. Around 389 employees who work as clerks or in similar jobs that might have on access to computer and therefore cannot participate in the survey. The workplace stress survey responders were more likely to be female. Over 70% of the respondents were females (881, 73.3%) compared to 321 (26.7%) were males. Overall, majority of responders can handle stress at work. 76.9% of respondents can handle stress in work, 15.9% of them can handle stress well and 61% moderately well. Only 22.8% of participants have some difficulties by encountering problems that need to be resolved. Males have slightly higher rate than females for encountering problems that need to be resolved but not statistically significantly difference. A relatively large percentage of people working in administrative jobs who were encountering problems that need to be resolved but the results show that nurses are the best in dealing with stress then physicians. Employees aged 25-49 years have the highest rate of encountering problems that need to be resolved. Further analysis shows that people aged 45-49 have the highest rate than other age categories of this group or to the overall group, all survey respondents.

**Conclusion & Recommendations:** The next step is to review program and policy options that might be applied within Dubai Health authority (DHA) to identify effective prevention approaches and programs to target high risk employees. Implementing measures to prevent work-related stress can benefit employees and the workplace by creating a safe and healthy working environment. Create a work environment that promotes employees well-being.

### Biography

Kadhim Alabady is a Fellow of the Royal College of Physicians and Surgeons of Glasgow. He has completed his Doctorate degree in Public Health and Epidemiology, Master's degree in Clinical Epidemiology (MSc), Master's degree in Public Health (MPH), all from The Netherlands universities with broad experience driving research and development (R&D) strategies and operations. He has been registered as an Epidemiologist Grade A with The Netherlands Epidemiological Society. He has numerous publications in the UK in mental illnesses, cancer, cardiovascular diseases, diabetes, dementia, autism, COPD, population health, road casualties and others.

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