

CENTRE FOR MENTAL HEALTH

PHD Completion Seminar

The University of Melbourne



MELBOURNE SCHOOL OF
**POPULATION
& GLOBAL
HEALTH**

A study of the effect of adverse psychosocial work stressors on health and mortality

Presenter: Yamna Taouk

Supervisors: A/Prof Matthew Spittal, Prof Tony LaMontagne & Dr George Disney



Tuesday 15th December 10.00am-11.00am

Via Zoom

**[https://unimelb.zoom.us/j/84081044484?](https://unimelb.zoom.us/j/84081044484?pwd=ejREbU8zOUJnZ1IxMlhFKzZzS05vZz09)
[pwd=ejREbU8zOUJnZ1IxMlhFKzZzS05vZz09](https://unimelb.zoom.us/j/84081044484?pwd=ejREbU8zOUJnZ1IxMlhFKzZzS05vZz09)**

Password: 511166

Yamna is a PhD candidate in the Centre for Mental Health and is engaged in applying innovative statistical and epidemiological methods in examining the relationship between common psychosocial work stressors, ill-health and mortality.

She also works as a statistician in the Melbourne School of Population and Global Health where she is involved in examining risk factors for complaints against practitioners in the medical and legal professions.

She has an MPH specialising in epidemiology and biostatistics from the University of Melbourne and a BSc (Hons) majoring in mathematical statistics from Monash University.

She combines considerable experience in quantitative research and observational data, and strong analytical skills to summarise population data at a level applicable to the individual.

The working environment is central in individuals' lives, influencing health outcomes including psychological and physical wellbeing. Psychosocial work stressors are common exposures in the workplace and are important determinants of health. There is broad support that exposure to adverse psychosocial work stressors, such as high job demands, low job control, low job security and high effort-reward imbalance is associated with adverse health outcomes including hypertension, cardiovascular disease, diabetes, musculoskeletal disorders and depressive disorders. However, whether exposure to these psychosocial work stressors associated with adverse health outcomes translates into increased mortality is not yet certain and barriers to making causal interpretations about the relationship between psychosocial work stressors and health persist mostly due to inherent biases in the methodology across studies.

Yamna's PhD research attempts to clarify the relationship between psychosocial work stressors, and health and mortality. The initial focus of the research includes establishing and quantifying the risks associated with adverse psychosocial work stressors, that workers are commonly exposed to in the workplace, on mortality. The final study in the PhD focuses on understanding the exposure-outcome dynamics. The dynamics of the connexions between psychosocial work stressor perceived job control and general health, a strong predictor of future morbidity and mortality are investigated for evidence of a causal relation.

Awareness of the implications of the adverse effects of psychosocial work stressors on health and mortality in workplaces and appropriate work stress interventions reducing exposure to work stressors may contribute to better health and wellbeing, reducing sickness absence and presenteeism, to the benefit of the workers, workplaces and society.

**These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908**