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based interventions with shared resources will help recovery, increase resilience, and prepare the UN workforce for the post-pandemic world.

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**Anxiety & Depressive Symptoms among Oil & Gas Field Workers Amid COVID-19 Outbreak in Indonesia**

Dewi Yunita Fitriani 1, Muchtaruddin Mansyur 1, Natália Widiasih Kaharjanti 2, Nuri Purwito Adi 1, Marsen Isbayuputra 1, Jean Marc Pujo 1, Hatem Kallet 4

1 Universitas Indonesia, Community Medicine, Jakarta, Indonesia, 2 Universitas Indonesia, Psychiatry, Jakarta, Indonesia, 3 Cayenne General Hospital, Emergency, Cayenne, French Guiana, 4 Cayenne General Hospital, Intensive Care Unit, Cayenne, French Guiana

Introduction: The COVID-19 pandemic that has been going on since March 2020 has forced many upstream oil and gas companies in Indonesia to make some changes in order to be able to continue operating while controlling the spread of COVID-19 among field workers. The pandemic itself can cause stressors related to mental health, especially coupled with changes in the work system that these workers must undergo. The aim of our study was to assess the prevalence and associated factors of anxiety and depressive symptoms among Indonesian upstream oil and gas field workers during the pandemic.

Materials and Methods: A cross-sectional study was carried out in November 2020-February 2021, after obtaining approval from the ethics committee of the Faculty of Medicine, University of Indonesia. Data on the subjects’ state of emotional and mental symptoms were collected using General Anxiety Disorder (GAD-7) to assess the anxiety symptoms and Patient Health Questionnaire (PHQ 9) to evaluate depressive symptoms.

Results: A total of 1,542 completed forms were analyzed. The prevalence of workers experiencing moderate-severe depression was 2.4% and prevalence of moderate-severe anxiety symptoms was 2.5%. Factors associated with mental health symptoms were female gender (OR 2.09; 95% CI 1.29-3.38), age less than 40 years (OR 2.47; 95% CI 1.80-3.38), bachelor or doctorate graduate (OR 2.74; 95% CI 1.87-4.01) and change in workloads (OR 2.87; 95% CI 2.12-3.88).

Conclusion: The prevalence of MED among the workers was higher than national data. Both personal and occupational factors were significantly associated with MED.

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**Mental Emotional Disorders and Its Associated Factors among Workers of Upstream Oil and Gas Companies operating in Indonesia during COVID19 Pandemic**

Marsen Isbayuputra 1, Dewi Yunita Fitriani 1, Muchtaruddin Mansyur 1, Natália Widiasih Kaharjanti 2, Nuri Purwito Adi 1, Ratih Nurdiany Sumirat 1

1 Faculty of Medicine Universitas Indonesia, Department of Community Medicine, Jakarta, Indonesia, 2 Cipto Mangunkusumo General Hospital - Faculty of Medicine Universitas Indonesia, Department of Psychiatry, Jakarta, Indonesia, 3 Faculty of Medicine Universitas Indonesia, Occupational Medicine Specialist Study Program, Jakarta, Indonesia

Introduction: The COVID19 pandemic that started since March 2020, has forced companies to reduce the number of workers on site and to prolong the on-site working duration. With this change, there was possibility of increased mental health problem among the workers including mental emotional disorder (MED).

Material and Methods: The data was obtained from an online form filled by workers. The variables were sex, age, education level, marital status, physical activity, employment status, duration of working in the said company, the position of work, presence of shift work, rotation system, change in working system, change of work load, change of working time, and change of income. We also integrated the Indonesian version of Self-Reporting Questionnaire (SRQ) 20 to determine MED.

Results: The prevalence of MED among the 1542 respondents from 27 companies was 8.8%. Female sex (OR 3.37, p value <0.001), Age < 40 years-old (OR 3.68, p value <0.001), Single marital status (OR 2.36, p value <0.001), higher education level (OR 3.56, p value <0.001), poor physical activity (OR 1.72, p value <0.013), Working period ≤ 10 years (OR 1.84, p value <0.03), presence of change of working time (OR 1.55, p value <0.016), and presence of work load change (OR 3.07, p value <0.001) were factors significantly associated with presence of mental emotional disorder.

Conclusion: The prevalence of MED among the workers was higher than national data. Both personal and occupational factors were significantly associated with MED.
neurosis. The data show that levels of anxiety, depression, and stress-related symptoms increased during the lockdown period, especially in women, and that this affected the subjects’ psychosocial functioning.

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Remote work during Covid-19 pandemic: The prevalence of musculoskeletal pain in Latvian employees

Darja Kaluznaja, Jelena Reste, Ivars Vanadzins

Riga Stradiņš University, Department of Occupational and Environmental Medicine, Riga, Latvia. Riga Stradiņš University, Institute of Occupational Safety and Environmental Health, Riga, Latvia

Introduction. Covid-19 restrictions in the spring of 2020 brought huge changes in the work environment and increased the ergonomic and psychosocial factors’ importance for remote and on-site workers. This study aimed to analyse the prevalence of musculoskeletal pain in Latvian employees, focusing on a change in the work environment because of remote work.

Material and Methods. The results of an online structured survey conducted in October of 2020 among Latvian employees (n = 1037) from the State Research Programme “Covid-19 mitigation” project were analysed. The presence of musculoskeletal pain in at least one body region (lower back, neck, hands, legs) during previous year was an outcome of the research. The programme IBM SPSS 26 was used for descriptive data analysis.

Results. A higher prevalence of musculoskeletal pain was observed among women (35.0 vs 22.8%); employees who started to work remotely during Covid-19 (37.1 vs 26.4%), and employees with working hours >10 per day (48.6 vs 32.2%). One-fifth (19.2%) of employees felt anxiety during remote work associated with new work and living environment, and almost half of them also experienced musculoskeletal pain. A higher prevalence of pain was among workers who did not change working hours despite the necessity and ignored work and family care balance during the remote work period. Also, half (49.7%) of employees whose remote workplace wasn’t convenient and suitable for work with a computer experienced pain.

Conclusions. Ergonomic and work organisation failures in remote work associated with higher musculoskeletal pain prevalence in employees than demographic factors.

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Remote workers’ perceived health during the COVID-19 pandemic: a mixed methods study of influencing factors

Luke Anthony Fiorini

University of Malta, Centre for Labour Studies, Msida, Malta

Introduction: For many workers, the COVID-19 pandemic resulted in an unexpected overnight switch to remote working. Initial studies conducted during the pandemic indicated that remote workers had poorer health levels than those that remained within their workplaces. Few studies have explored the reasons for this. The current study aimed to determine if workers who had the facility to work remotely during the first year of the pandemic had experienced a change in their perceived health levels and their reasons for this.

Material and Methods: An online questionnaire that included both open and closed-ended questions was distributed to the workers of 15 organisations within the IT and communications sector in Malta (N = 459). Qualitative data were analysed via Thematic Analysis.

Results: 44% reported that their health had not changed during the first year of the pandemic when compared to the previous year, 33% felt their health had regressed, whilst 23% felt it had got better. In terms of those who reported a change, the reasons for this were linked to five themes: General determinants of health, such as physical activity and nutrition; the development of diseases and disorders, including common mental health disorders; work-related determinants of health, such as social contact and the working environment; pandemic-specific factors, including COVID-19 restrictions; and personal factors, such as caring for children.

Conclusions: Remote workers’ health was influenced by a multitude of factors that included those related to work, health behaviours, the situation at home and the wider social environment.

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The Relationship Between Occupational Safety and Health and Occupational Health in the fight against COVID-19 in Schools: The case of Teachers in Botswana

Neo Kenosi

Ministry of basic Education, secondary, Gaborone, Botswana, Botswana

Introduction: Botswana has 828 schools with 30 000 teachers. When COVID-19 broke out schools were ill-prepared to deal with the infections. This paper examines the relationship between Occupational Safety and Health and Occupational Health in the fight against COVID-19 and the impact it has had on teachers. Occupational Safety and Health (OSH) and Occupational Health (OH) are critical factors in ensuring the safety and health of employees and in reducing the risks of contracting COVID-19 by teachers in schools. The fight against COVID-19 in schools has been a major challenge in Botswana due to inadequate OSH instruments that can be used in Occupational Health to provide services for teachers. A survey that randomly sampled 10% of urban and rural schools from August 2021 to January 2022.

Methods:

1. Observational study based on a 10% sample of schools in urban and rural areas.
2. Examination of official COVID-19 statistics compiled during the pandemic
3. Assess the strength and weakness of the available legislation (the latest version of Factories Act enacted in 1973).

Results: A good number of teachers in Botswana contracted COVID-19 and many more were affected through the loss of life. The study is expected to yield the following results:

- Whether sampled schools were properly designed (the existence of OSHMS) Hierarchy of controls, Risk Management Plans and adherence to health protocols.
- Increased number of infected teachers.