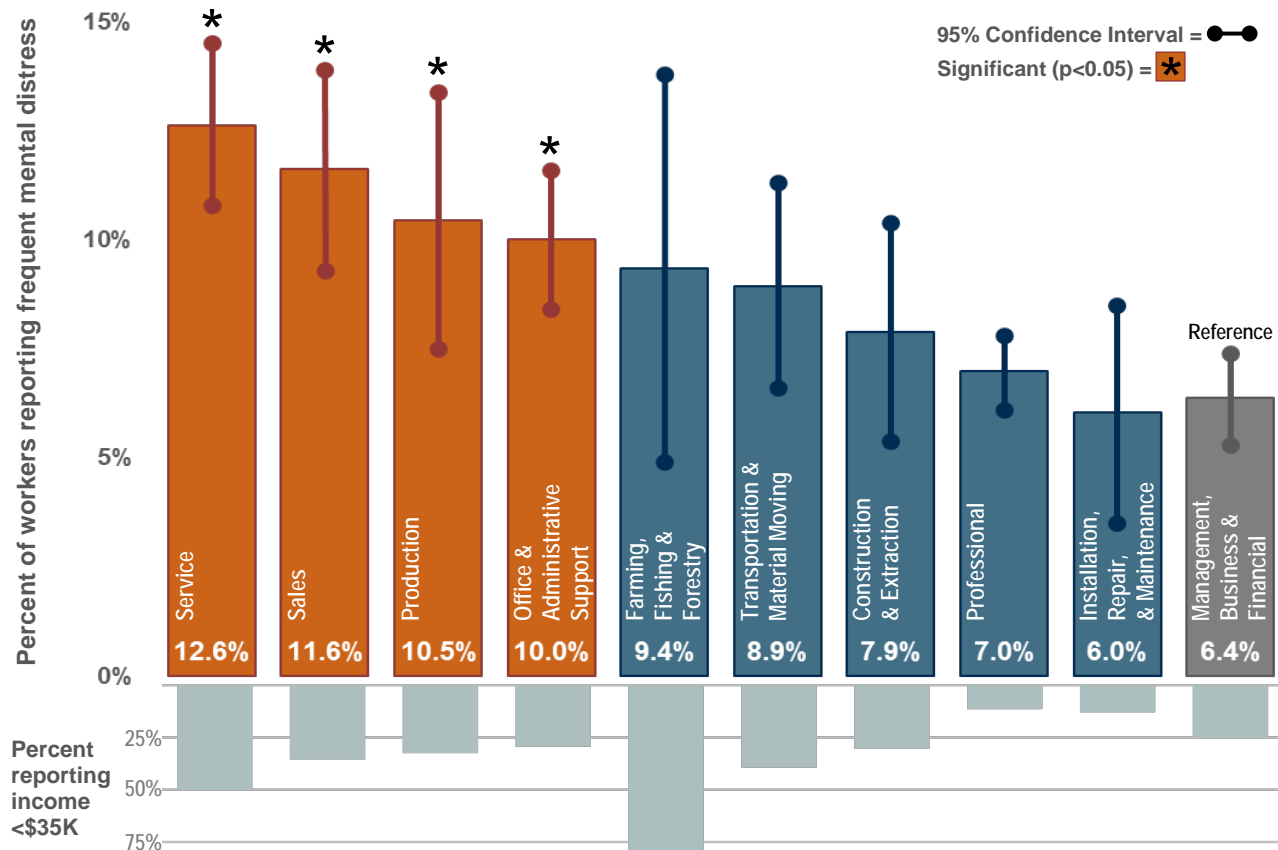


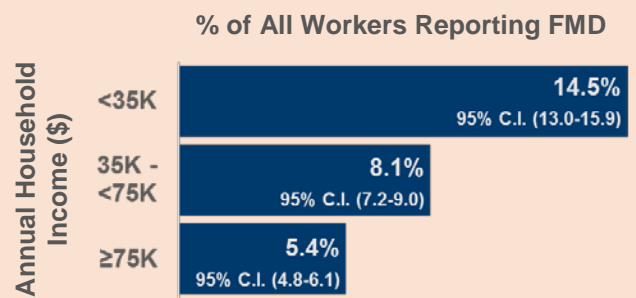
Percent of workers reporting frequent mental distress by occupation group

Washington State Behavioral Risk Factor Surveillance System (WA BRFSS) 2011–2014



- 25,493 workers¹ participated in the WA BRFSS² between 2011-2014
 - An estimated 8.9% of the employed population experienced “frequent mental distress” (FMD)³
- Compared to the reference group⁴, four occupation groups had significantly higher proportions of frequent mental distress:
 - Service
 - Sales
 - Production
 - Office & Administrative Support

There are several possible reasons for these differences which may include: low job control⁵, or the effects of income (see below).



1. Employed, self-employed, or out of work for less than 1 year.
 2. The BRFSS is a national annual telephone survey that collects information on a variety of health behaviors and conditions. For more information on how SHARP uses the WA BRFSS along with industry/occupation data: www.lni.wa.gov/Safety/Research/Projects/BRFSSWorkerHealth/default.asp.
 3. FMD is defined as “≥14 days mental health not good during the past 30 days.” The FMD question does not ask about possible causes.
 4. Reference group = Management, Business, & Financial occupations.
 5. Job Demand-Control or Job Demand-Control-Support models - Karasek, 1979; Johnson & Hall, 1988.