Percent of workers reporting frequent mental distress by occupation group

- 25,493 workers\(^1\) participated in the WA BRFSS\(^2\) between 2011-2014
  - An estimated 8.9% of the employed population experienced “frequent mental distress” (FMD)\(^3\)
- Compared to the reference group\(^4\), 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 control\(^5\), 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](http://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.

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