Antidepressants and Benzodiazepines Consumption in University Workers

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Research

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Abstract

Objectives: To estimate the prevalence in consumption of antidepressants and benzodiazepines among workers from a Portuguese university.

Methods: A cross-sectional observational study was conducted with university workers who underwent an occupational health consultation between 2013 and 2014. Data was collected by the occupational physician and entered into an anonymous database. The following characteristics were evaluated: age, gender, marital status, professional category, organizational unit, academic qualifications and pharmacotherapy. Data was analysed using the Statistical Package for the Social Sciences® (SPSS®) version 23.0 for Microsoft Windows®. The discrete variables were compared with the Chi-square test and in the multivariate analysis a logistic regression model was used to calculate Odds Ratios and 95% confidence intervals. The accepted level of significance was $p < 0.05$.

Results: The sample was composed of 1853 workers, in which 6.3% only took benzodiazepines, 4.6% only took antidepressants, 3.8% took drugs simultaneously from both groups and 14,7% were found to consume at least one of them. The most used antidepressants are fluoxetine, escitalopram and sertraline and the most used anxiolytics are alprazolam, ethyl loflazepate and diazepam. Higher consumption of these drugs was more prevalent among females, those in lower status job categories and older workers.

Discussion/Conclusion: The consumption of antidepressants and anxiolytics is lower than that determined for the Portuguese population in 2013, seeming to support the idea that higher levels of education are a protective factor against anxiety and depression. University workers seem to be more protected against depressive disorders and anxiety. Identifying the most vulnerable groups serves as a starting point for the analysis of how labor related stress contributes to this reality and what factors can be modified.

Full-text

Due to technical limitations, full-text HTML conversion of this manuscript could not be completed. However, the manuscript can be downloaded and accessed as a PDF.

Figures

Figure 1

Chart 1 - Most prescribed drugs

Figure 2

Chart 2 - Consumption of antidepressant and / or benzodiazepines and age group (%)