

A Strategy to Improve the Psychological Health Risk Factors among Staffs in a Private Hospital in Taiwan

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Employee Health Risk Factors Investigation in 2009

- **844 subjects of study sample**
- **Average age : 33 y/o**
- **Questionnaires**
 - ✓ **Health Promotion Questionnaire(10 risk factors)**
 - ✓ **Chinese Health Questionnaire (anxiety and depression assessment)**



Employee Health Risk Factors Investigation in 2009 (Health Promotion Questionnaire, 10 risk factors)

- ***Addictive behavior***: smoking, alcohol, hypnotics
- ***Health behavior***: vegetable or fruit, exercise, seatbelt or helmet
- ***Psychological factors***: stress extent, life quality, work satisfaction, and health status



Employee Health Risk Factors Investigation in 2009 (Health Promotion Questionnaire, 10 risk factors)

- 1. Have you smoked in recent 2 weeks?***
Never No (or quit) Less than 9 pieces More than 9 pieces
- 2. How many days have you had more than 30 minutes exercise in 1 day in recent 2 weeks?***
More than 6 days 4-6 days \leq 3 day No
- 3. How many days have you had eating enough fruit or vegetables in recent 2 weeks?***
More than 6 days 4-6 days \leq 3 day No
- 4. What is the percentage of using helmet or seatbelt when driving car or riding motor in recent 2 weeks?***
100% 90%~99% 50%~89 less than 50%
- 5. Have you had using hypnotics or sedatives in recent 2 weeks?***
Never No Once More than once
- 6. How do you feel about your health status in recent 2 weeks?***
Good Fair Not so good Bad
- 7. Do you satisfy your life quality in recent 2 weeks?***
Good Fair Not so good No
- 8. Do you satisfy with your work performance in recent 2 weeks?***
Good Fair Not so good No
- 9. Do you feel stressful in recent 2 weeks?***
No Fair Mild Much more than before
- 10. Have you had drinking in recent 2 weeks?***
Never No (or quit) Yes (please answer next box)



Employee Health Risk Factors Investigation in 2009 (Chinese Health Questionnaire, 12 questions)

1. 請問您最近兩個星期是不是覺得頭痛或是頭部有壓迫感？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
2. 覺得心悸或心跳加快，擔心可能得了心臟病？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
3. 感到胸前不適或壓迫感？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
4. 覺得手腳發抖或發麻？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
5. 覺得睡眠不好？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
6. 覺得許多事情對您是個負擔？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
7. 覺得和家人，親友相處得來？
 1. 比平時更好
 2. 和平時差不多
 3. 比平時差一些
 4. 比平時差很多
8. 覺得對自己失去信心？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
9. 覺得神經兮兮，緊張不安？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
10. 感到未來充滿希望？
 1. 比平時更好
 2. 和平時差不多
 3. 比平時差一些
 4. 比平時差很多
11. 覺得家人或親友會令您擔憂？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得
12. 覺得生活毫無希望？
 1. 一點也不
 2. 和平時差不多
 3. 比平時較覺得
 4. 比平時更覺得



Psychological Risk Factors

- 844 subjects of study sample (Average 33 y/0)
- 81% of staffs felt stressful in work
- 76% and 75% of staffs felt low satisfaction of work and low quality of life
- 29% of staffs showed anxiety or depression (Chinese Health Questionnaire)



Project of Improving Psychological Health

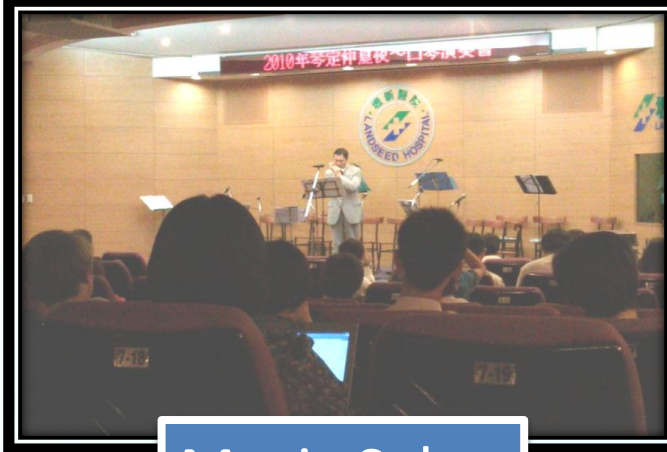
- Physical Activities
- Psychological health lectures
- Spiritual relaxation music
- Exertion time : 2010 ~ 2011



Art Gallery



GYM




Music Salon



Mountain Climbing



2010 Health Promotion Activities

Physical	Mental	Spiritual
BW reduction competition	4 mental health lecture	relaxation music W1~W5 12 : 20;17 : 20
free gym opening		
physical exercise		
staff restaurant oil reduction program	2 emotional and EQ program	
caloric menu in cafeterias		

Relaxation Spiritual Music Broadcasting



- Self-published CD
- Music produced and played by Professor Chang (Pianist) and Dr. Chang (Flute player) (Section of Family Medicine, Department of Community Medicine)
- Played Monday till Friday
- 8AM、Noon、17PM



2010 Health Promotion Activities

	Physical									Mental			Spiritual
	badminton	mountaineering	Latin aerobic	SoHo	belly dance	Yoga	slim lottery	gym	aerobic	cognitive lecture	EQ regain	gallery	Music salon
Activities	44	2	46	36	20	46	1			4	2	5	3
attendance	440	42	414	374	200	368	56	1394	1206	335	112	4347	215
total	4494									4794			215

Health Promotion Activities Satisfaction

- **Relaxation spiritual music broadcasting ranked the first - 50%,**
- **Physical exercise ranked the lowest - 33%.**



2011 Health Promotion Activities

● Meditation practice (classes) (打坐冥想)



Conclusion

- **The relaxation spiritual music broadcasting was the most popular health promotion activities related to psychological health.**
- **The outcomes, effects on stress and quality of life, need further investigation in the near future.**





**Welcome to Taiwan for the
20th International Conference
on Health Promoting Hospital
and Health Services In 2012**

Taiwan



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