



Effectiveness of Health Promotion Interventions on Reducing Psychological Stress, Fatigue, and Musculoskeletal Pain Among Healthcare Workers

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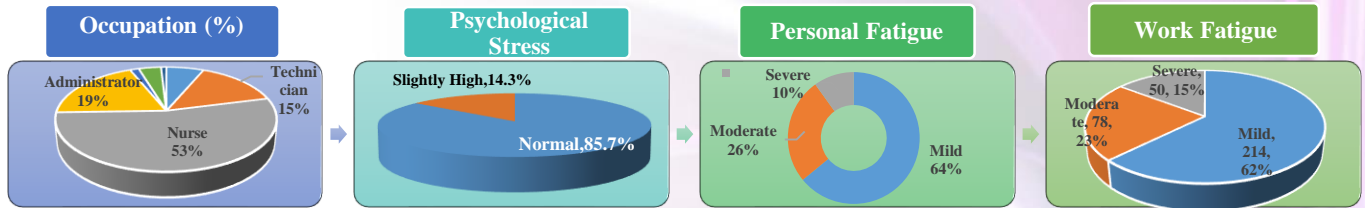
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Background and objective

This study surveyed 342 employees of a regional hospital in New Taipei City in 2025 to assess psychological stress, fatigue, and musculoskeletal pain. Results showed 14.3% of employees had high psychological stress, and 84.2% reported upper-body pain, highlighting common occupational health risks that may impact work performance and quality of life.

Methods

A 2025 cross-sectional survey assessed employees' stress, fatigue, and musculoskeletal pain. Pre- and post-intervention data from health programs and occupational services were analyzed to evaluate interventions (exercise, stress relief, mindfulness, weight loss), informing hospital health-promotion strategies.



Results

In 2025, the hospital held 23 health-promotion sessions (exercise, stress relief, mindfulness) with 2,040 participants. A 285-person weight-loss challenge achieved a total loss of 490.6 kg (avg. 2.62 kg) and 2.46% body-fat reduction. Regular exercise increased from 72.9% to 81.9%, and lifestyle satisfaction from 76.3% to 85.8%. Monthly onsite services also supported high-risk units with hazard assessments, protective equipment guidance, and follow-up evaluations.



Conclusions

The hospital will continue health promotion programs, including exercise, nutrition, onsite services, and mindfulness training. Due to varying musculoskeletal risks across job types and environments, supervisors and onsite teams will collaborate to develop tailored interventions to improve workplace health outcomes.

Relevance to HPH

This program strengthens cross-team collaboration, enhances onsite assessment, and encourages employee participation, thereby improving health awareness and reducing disease risk.