

## Epidemiological profile of work-related mental disorders in Paraíba from 2015-2023

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### ABSTRACT

Since the 90s, the increase in work-related psychiatric complaints in Brazil, including in Paraíba-PB, has evidenced the relationship between work and illness. Data on work-related mental disorders in Paraíba were collected. This study aims to provide a comprehensive epidemiological analysis of work-related mental disorders in Paraíba, seeking to identify trends and risk factors. Using data from the Department of Informatics of SUS-DATASUS (2015-2023), an ecological study was adopted to evaluate aspects such as age group, race, sex, occupation, diagnosis, evolution, issuance of Occupational Accident Communication (CAT) and sick leave due to wear and tear. The analysis reveals significant trends: the most affected age group is 40-60 years old (50.24%), with an increase among workers aged 20-39 years (175.86%). Predominance of cases in browns (51.86%), with an increase of 1016.67%. Higher prevalence in women (77.87%), with 2.26 times more leaves (69.37%). Neurotic and mood disorders were the most common (87%), with progression to temporary disability in 84% of the cases. There was an increase in the issuance of CAT (215.38%), but 54.44% were not notified. Elementary school teachers were the most affected (27.97%). The increase in notifications among brown individuals may be associated with the growing recognition and acceptance of racial self-declaration. The predominance of women reiterates the social overload of gender, reflected in physical and mental exhaustion. In addition, the prevalence of mood disorders in workers with multiple assignments and low pay suggests a possible relationship with continuous exposure to specific stressors. The urgency of interventions to promote the mental health of workers, especially women and browns, is highlighted. Lack of psychological support can lead to temporary or permanent disabilities. Multiprofessional actions are essential to preserve mental health and improve the quality of life in the work environment in Paraíba.

**Keywords:** Mental disorders, Work, Paraíba.

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