

Assessing Construction Workers Mental Health to Improve Wellbeing

Assessment of Construction Workers' Mental Health to Improve Wellbeing

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Overview

Construction workers are more likely to die from drug overdoses and by suicide than U.S. workers overall. Research has indicated that their mental health is often neglected. This study aimed to identify and assess mental health problems among construction workers, as well as initiatives for mitigating those problems. It began by reviewing the literature about construction workers' mental health and then developed a survey to assess their mental health and well-being. Inspired by the NIOSH Worker Well-Being Questionnaire, this survey addressed areas such as workplace policies and culture, workplace physical environment and safety climate, health status (physical and mental), and socioeconomic status and issues. Requests to complete the survey were sent to workers directly and to employers with whom the researchers had contact, who asked their workers to complete it. A total of 143 workers completed the survey. The research team used the literature review and survey results to develop recommended organizational and individual worker-level responses for mental health issues.

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Read the report:

<https://bit.ly/42vAKXb>

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Key Findings

- Workers in the study reported indicators of poor mental health at a higher rate than in previous studies.
- Work-related stress showed a strong association with various indicators of poor mental health, including anxiety, depression, and number of days of poor mental health.
- The findings underscore the necessity for targeted interventions to address specific work-related stressors and alleviate the strains associated with poor mental health.
- One potential intervention identified is leadership training, which operates at an organizational level and, therefore, can have a broad impact.
- A second recommendation is for business leaders to prioritize worker mental health and well-being as a fundamental value and business priority, clearly communicating this commitment to the workforce. Leaders can achieve this by, for example, providing resources such as employee assistance personnel and offering paid work time for mental health care.



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