



79<sup>th</sup>



International  
Scientific  
Conference of  
the University  
of Latvia

# Mental Health and Occupational Safety of Seafarers

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# Mental Health and Occupational Safety of Seafarers

Seafarers' mental health is more exposed to danger than other workforces.

Research indicates that the three most common disorders are: depression, anxiety, suicidal ideation (Slade & Lefkowitz, 2019). This emerges due to the tough features of their occupational environment (long voyages, limited and unchanging environment, heavy operational responsibilities, fatigue).

This research investigates seafarers' mental health and the potential risk factors affecting it.

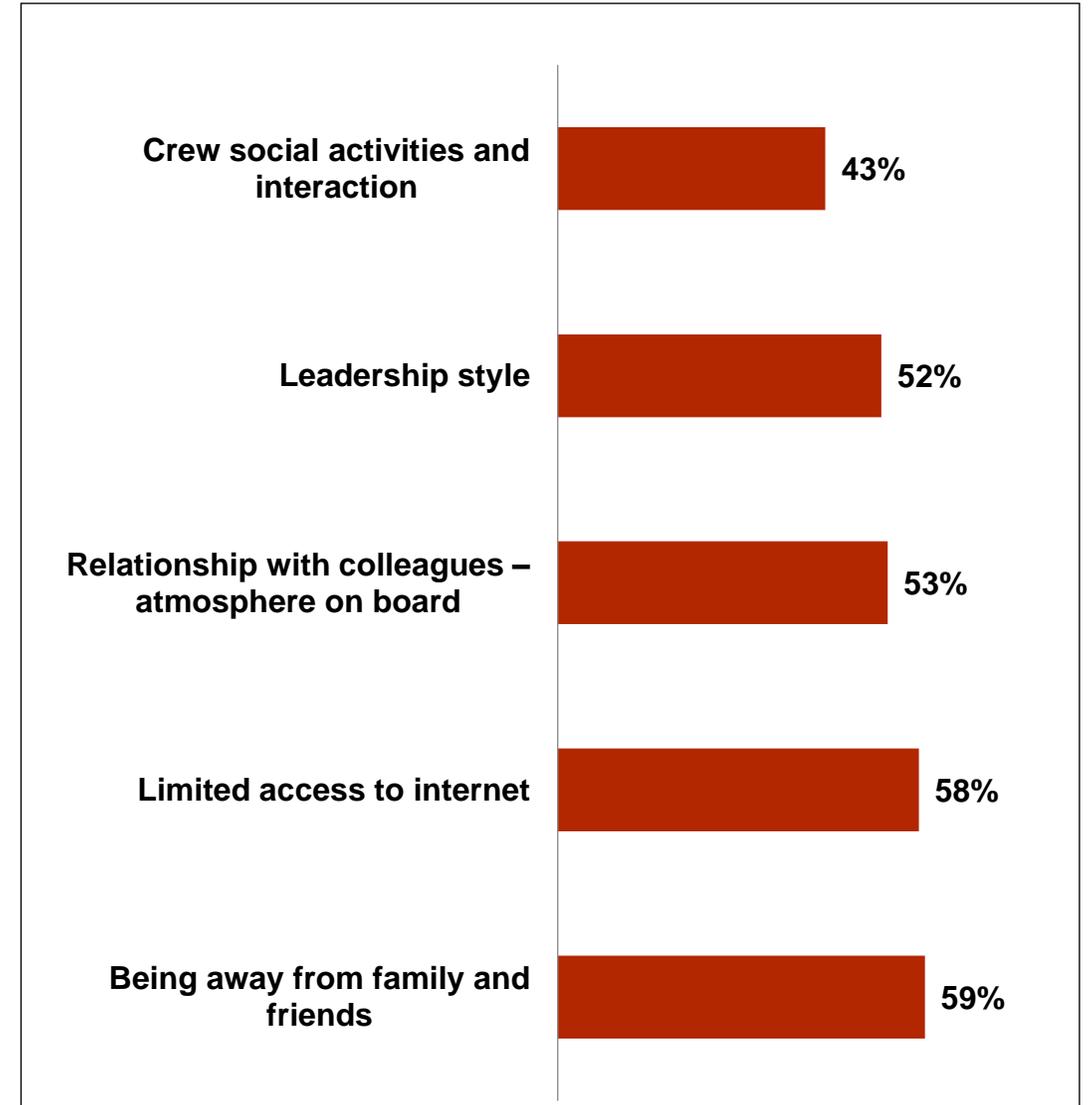
A quantitative method and analysis was used through a questionnaire addressed to a sample of 100 seafarers. The close ended questionnaire was circulated via Google Forms and the emerged data was analyzed using SPSS software.

# Research Results

Findings, align with the existing literature.

They point out the risk factors from the perspective of seafarers.

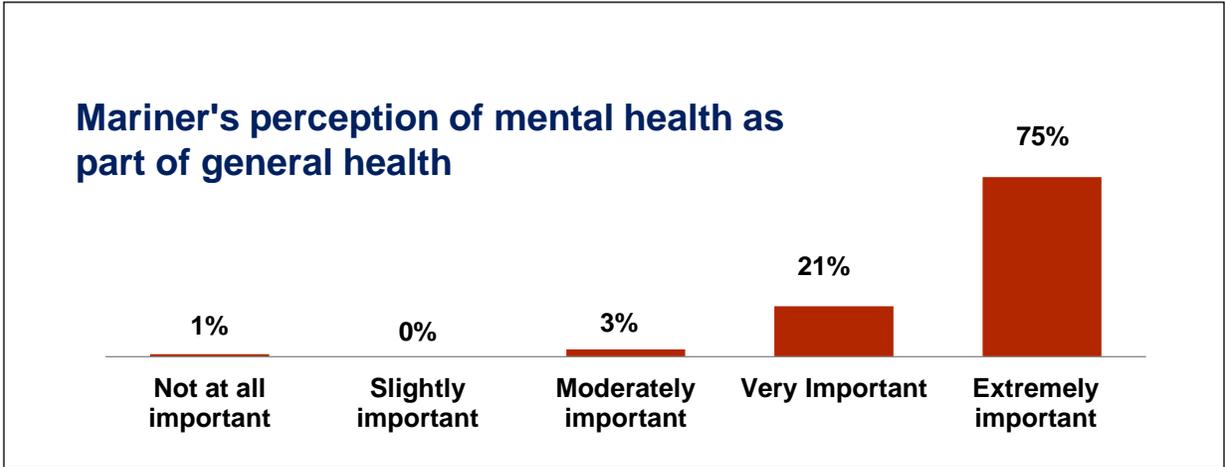
Seafarers evaluate as most important aspects related to their mental health and in extension to their occupational health, dimensions both social and socio-professional.



# Research Results

The results indicates that the seafaring workforce understands the significance of mental health as a crucial part of general health.

The findings additionally denote that seafarers recognize aspects that they would optimize their occupational status if they were more familiar to them.



## Research Conclusions

The findings highlight the correlation of occupational and mental health on the seafaring profession.

The risk factors are both related with occupational features and social characteristics on board, the affection between these two can often be extremely blurry.

The optimization of the occupational environment can reduce the risk of mental health disorders. Consequently the workforce which is already resilient and strong can operate with safety and maintain a better physical and emotional health.