



An evaluation of an AOD & psychological wellbeing intervention targeting young construction industry workers

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Ken Pidd, Ann Roche, Vinita Duraisingam, Allan Trifonoff,
& Victoria Kostadinov

Overview

- * Introduction & aims
- * Method
- * Results
- * Discussion & conclusions

Introduction

- * **Australians aged 16-24 years 'at risk' of MH & AOD related problems**
- * **Vulnerability increases during school-to-work transition period**
- * **Many enter industries with high prevalence of poor MH and risky AOD use**
- * **Increasing recognition of workplace potential as an early intervention/harm reduction setting**
- * **Potential is largely under-utilised in regard to young workers**



Source: 2013 & 2010 NDSHS



Aim

- * **Evaluate a brief wellbeing intervention**
 - * Demonstrated effectiveness for young hospitality industry workers
- * **Intervention topics**
 - * Stress management
 - * Bullying, stress, & coping
 - * Workplace communication
 - * Supervisors & co-workers
 - * AOD related harm
 - * Safety, career, informed decision making



Intervention delivery

* Participants

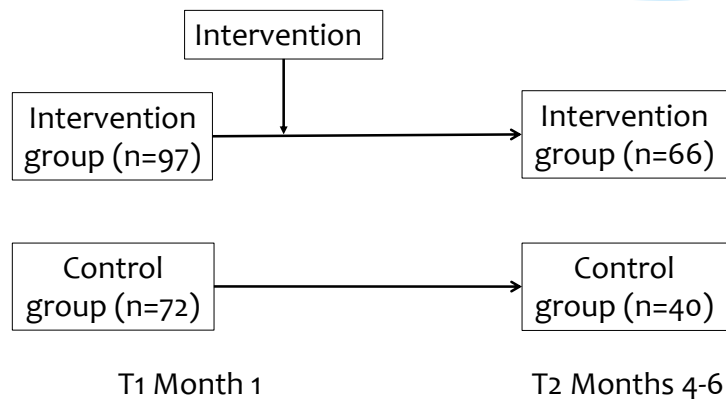
- * 169 first year construction trades apprentices
 - * All Male
 - * 87% <24 years old
 - * Enrolled at one TAFE and three private RTOs

* Setting

- * TAFE/RTO training rooms
- * Normal training times (first weeks of semester 1)
- * Intervention delivery
 - * 3 hours (1 x 2 hours & 1 x 1 hour)



Evaluation design



Measures

* Primary outcomes

- * Risky alcohol use (AUDIT-C)
- * Psychological distress (K10)

* Secondary outcomes

- * Cannabis & meth/amphetamine use
- * AOD related attitudes/beliefs
- * Absenteeism/presenteeism

* Other measures

- * Workplace psychosocial factors
 - * Workplace bullying, job stress, communication, social support
- * Demographics



Baseline Results

Alcohol	Apprentices	National ¹
Drink \geq weekly *	39.6%	31.0%
Usually \geq 5 std drinks *	50.9%	40.7%
AUDIT-C \geq 4	72.2%	-
Cannabis		
Last 12 months *	44.4%	23.6%
Last month *	24.9%	11.8%
Meth/amphetamine		
Last 12 months *	8.3%	4.3%
Last month	3.6%	1.6%
Wellbeing		
Frequent workplace bullying	10.8%	
Psychological distress *	M= 17.04 (sd=5.8)	M=14.0 (SE= 0.2)

¹ Population % for 17-24 year old males * Significant difference



Baseline Results

* Wellbeing regressions

- * High job stress, more frequent workplace bullying, and low general social support predicted higher psychological distress ($F(3,163) = 35.21, p < .001, R^2_{adj} = 0.382$)

* Interactional analysis

- * social support moderated the effects of job stress & workplace bullying on psychological distress

* AOD regressions

- * Low social support predicted

- * higher AUDIT-C scores ($F(1,166) = 4.52, p = .035, R^2_{adj} = 0.021$)
- * higher past month cannabis use ($F(1,167) = 4.50, p = .035, R^2_{adj} = 0.020$)

- * More frequent workplace bullying predicted

- * higher past month meth/amphetamine use ($F(1,166) = 5.10, p = .025, R^2_{adj} = 0.024$).



Post-intervention results

- * No sig T2 intervention/control group differences in any outcome measure

* For the total sample

- * a significant T1-T2 increase in:

- * Job stress ($t=5.1, p<.001$),
- * Absenteeism ($\chi^2=26.0, p<.001$)

- * A significant T1-T2 decrease in:

- * Self-rated health status ($\chi^2=20.0, p<.001$)



Discussion/ conclusion

- * Young construction industry apprentices are a high risk group for AOD related harm and poor mental health
- * Wellbeing deteriorates after workplace exposure
- * Workplace psychosocial factors contribute to poor psychological wellbeing and AOD use
- * Brief intervention to address risk ineffective
- * Need for intervention strategies tailored to the specific needs of this vulnerable group



Thank You

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Pidd, K., Duraisingam, V., Roche, A., Trifonoff, A. (in press). Young construction workers: substance use, mental health, and workplace psychosocial factors. *Advances in Dual Diagnosis*.

