|  |
| --- |
| **Title of Research Presentation** (Sentence case) **Effect of Long Working Hours on Mental Health Status among Employees in Shanghai: The Role of Having Leisure Hobbies** |
| **Maximum 2500 characters (including spaces but excluding title)****Background/Objectives**Long working hours has been an increasingly serious health threat among occupational population. Evidence implied that long working hours can be harmful to this group physically and psychologically. Studies focusing on this issue in China are scarce. Our purpose is to examine the association between long working hours and mental health status among working population in Shanghai, meanwhile exploring the impact of having hobbies on this relationship.**Methods**Altogether 2985 participants were available in our cross-sectional survey. All variables were assessed by a self-administered questionnaire, depression by the Patient Health Questionnaire-9 (PHQ-9) scale and mental well-being by the World Health Organization Five-item Well-Being Index (WHO-5) scale. Pearson’s χ2 test and multivariate logistic regression were used to clarify the associations between long working hours and mental health outcomes, and general linear model to identify the role of having hobbies in this pathway.**Results**The phenomenon of long working hours (69.3%) was quite common among employees in Shanghai. Those who worked over 60 h had significantly the highest prevalence of mental health problems compared with individuals working ≤40 h per week. After adjustment in the logistic regression model, those who reported weekly working time over 60 h were 1.40 (95%CI: 1.03-1.90) and 1.66 (95%CI: 1.26-2.18) times more likely to have depression and low mental well-being, respectively. And adjusted ORs for having hobbies were 0.78 (95%CI: 0.62-0.97) and 0.62 (95%CI: 0.51-0.75), respectively. Meanwhile, having hobbies could significantly lower mean score of PHQ-9 and elevate mean score of WHO-5 in each working time group, with an indication of no interaction effect.**Discussion**For workers whose weekly working hours exceeded 60 hours, long working hours could be a risk factor which was linked to a significantly negative impact on their mental health status. And having hobbies in their daily lives, playing a role of buffer, might help to mitigate the adverse effects of working overtime on increasing risks of depression and low mental well-being. Company managers and health policy makers should attach more importance to these two points in order to better improve workers’ mental health and implement workplace health promotion campaigns.**Keywords****long working hours, having hobbies, depression, mental well-being, buffer** |