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### 中部某傳統產業工廠相關過勞之調查分析 The Analysis of a Traditional Industrial Factory Related Overwork

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**研究目的：**基於台灣較缺乏具有多功能及全面性的職業病門診以及勞工朋友較缺乏相關權益訊息，由勞委會委託中醫大成成立中區職業病防治中心，並於2011年開始進行300人以下中小企業勞工基本職業健康照護服務計劃。台灣是以代工為主的科技產業為主，是以這幾年來因為產業的競爭，使得相對忽略了身體上的警訊導致過度疲勞，甚至造成猝死或過勞死。工廠內的過勞易引起身體的疲倦，伴隨著身體的病變就會產生，所以基於對於整體勞工的健康著想，此計畫將針對傳統產業內之員工針對過勞的情況加以調查。

**研究方法：**以中部傳統產業傳統產業五金代工業員工為對象，採問卷方式，於病人在2011年10月至2012年4月的員工共56人進行調查，內容包含基本資料和受試者的年齡、性別、身高、體重、疾病史、工作環境、教育程度職位、工作班別、工作壓力量表、疲倦指數進行調查，並於SPSS 16.0軟體進行發生率(%)，並以Mann-Whitney 檢定、卡方檢定(chi-square test)分析，P值為0.05。

**研究結果：**結果發現過勞的比例占全體調查者約29%，其中女性發生個人相關過勞程度比男性高(33%>25%)，工作相關過勞程度也比男性高(38%>31%)。其中過勞的員工暴露在噪音下環境的發生率約為61%。M約為沒有暴露在噪音下產生過勞的風險比為1.6(CI 0.51-5.46)。

**結論：**過勞是暨老化後一個目前最重要的議題，政府大力在宣導勞工在職場上必須避免過勞的狀況發生，本研究針對傳統產業五金代工業做臨床服務及問卷調查分析，發現其勞工產生過度疲倦的狀況約占3成，其中工廠的噪音因素為一大原因之一，所已透過此研究適時改善工作環境對不僅對員工的身體也對工廠的績效會有很大的助益。

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### 應用短期諮商於自傷少年虞犯之研究 Effect of Short-term Counseling among Self-harming Detained Youth

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**Objectives:** Self-harming behavior (SHB) had been a significant health concern among adolescents world-wide. A review of literature on self-injurious behavior among prisoners showed the incidence of SHB in young offenders is five times greater than among same-age adolescents in the general population. The study aimed to determine the effect of short-term counseling on self-harming detained adolescents. We hypothesized that short term counseling would improve the depression tendency, increase the positive polarity life measures (PosPLM) and decrease the negative polarity life measures (NegPLM).

**Methods:** Questionnaires dealing with My Life Inventory (MLI), depression scale using the Center for Epidemiologic Studies Depression Scale (CES-D) and recent SHB were administered to the 39 young offenders. MLI was measured with PosPLM and NegPLM. The basic theory consisted of interplay of risk factors and protective factors on suicidal tendency. The greater the PosPLM, the lesser the suicidal tendency. Depression was measured by the CES-D. CES-D above 23 in male and 26 in female meant depression tendency. SHB consisted of cutting, burning, carving, severely scratching, biting, sticking sharp objects, head banging, punching, and preventing wounds from healing. Pre and post counseling data was used to assess the achievement of short-term counseling. The difference between the pre and the post means of CES-D, PosPLM and NegPLM by paired t test was analyzed. Stratified analysis for gender and age was performed to examine the progress of CES-D, PosPLM and NegPLM after counseling among gender and age.

**Results:** The results showed that there was an improvement in the CES-D score after counseling (26.4 vs. 21.2, p=0.0003). Overall, positive polarity life measures significantly rose (89.5 vs. 96.3, p=0.0004) after the brief counseling. Although negative polarity life measures was reduced after counseling, there was no significant difference (84.9 vs. 81.1, p=0.15). Stratified analysis by gender showed that the most improvement was from male. Focusing on PosPLM and NegPLM, there was an apparent improvement in PosPLM among 11-15 years old (89.1 vs. 99, p=0.005). On the other hand, both PosPLM and NegPLM had significant improvement among 16-20 years old (89.8 vs. 93.9, p=0.04 and 88.8 vs. 82.4, p=0.04)

**Conclusion:** Providing counseling in the detention center is important in order to intervene early and prevent subsequent suicide. PosPLM is improved among self-harming adolescents with elevated depression scale after counseling. This means there is positive emotionality and this translates into sociability and adaptive functioning. Therefore brief counseling has a potential value among detained self-harming youth.