

Association between Pain and Mental Health among Latino Cattle Feedyard Workers

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INTRO

- Cattle feedyard workers are at high risk of developing chronic conditions including depression and anxiety.
- Pain is associated with work and life conditions.
- Pain could be a symptom of a mental health condition.
- Many cattle feedyard workers are Latino immigrants, with irregular immigration statuses, have limited English proficiency, which may create challenges to access health and social services and may delay management of pain or other health conditions.

METHODS

Data were collected from structured surveys (n=243) completed in Kansas and Nebraska. Pearson correlations were used to identify associations between: **pain, age, income, ever injured, anxiety, depression**. All variables were included in the logistic regression model. Pain was coded as binary outcome, depression, anxiety, age and income were treated as continuous variables.

RESULTS

Pain was positively correlated with age,** income,* ever injured,** anxiety,** and depression**. Anxiety and age predicted pain.

DISCUSSION

Previous research with this worker population has found that pain was associated with symptoms of mental and physical fatigue, which are similar to symptoms of depression and anxiety.



Participants' Characteristics

- 90% male
- 60% Less High school
- ~ 677 dollars/week
- Age 37.7 (±10.1)
- Animal handling 70%
- 68% Limited English
- Pain 40%
- 12 years in the U.S.

Pain is associated with anxiety and depression, but only anxiety and worker's age predict pain.

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	Pain	Age	Income	Anxiety	Depression
Pain	-				
Age	.278**	-			
Income	.142*	0.072	-		
Anxiety	.308*	-0.051	0.058	-	
Depression	.171**	-0.034	-.081	.518**	-
Injury	.288**	.155*	.202**	.141*	130*

RECOMMENDATIONS

- Health and safety training should include mental health education as symptoms are associated with pain.
- Improving workers' social conditions may help reduce pain and associated symptomatology, especially among those who are aging.

EXTRA INFORMATION

Survey – in person, delivered by members of the team
Variables: Depression – CESD scale, anxiety – GAD-7; self reported: Age, ever been injured in cattle feedyard work, income per week.

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