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Associations between demanding occupational conditions and tobacco, alcohol and cannabis use among French working men and women

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Abstract

This study assessed associations between demanding workplace conditions and substance use in France, taking account of gender. A total of 13,241 workers were randomly selected and interviewed by telephone to obtain information about: alcohol use, tobacco use, cannabis use, socio-demographic characteristics, occupation, type of work contract, and working conditions (physical and mental demands, time pressure, lack of rest, satisfaction with conditions, opportunity to learn new things). Data were analyzed using multivariate logistic models. Alcohol abuse was reported by 20% of men and 11% of women; 32% and 24%, respectively, used tobacco every day; and 9% and 3% had used cannabis in the previous 12 months ($p < 0.001$). Among men, tobacco use related to physical and mental demands, dissatisfaction with work and not learning new things (increased risk IR 22-31%). Among women, it related to physical demand, time pressure, lack of rest and not learning new things (IR 15-43%). Alcohol abuse related to dissatisfaction with work among men (IR 22%). Cannabis use related to dissatisfaction with work in men (IR 93%). Having a short-term contract related to all three substances uses among men (IR 25-57%) and to alcohol abuse and tobacco use among women (IR 21-35%). Being freelance related to use of tobacco and cannabis use among men (IR 50-89%). In conclusion, alcohol, tobacco and cannabis use were related to demanding occupational conditions, but in different ways among males and females. These findings suggest that improving workplace conditions and limiting short-term and freelance employment may help prevent substance use and related diseases.

Key words: substance use, workplace conditions, gender, lifestyle, individual characteristics

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