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How to prioritize work-related psychosocial factors impacting mental health?

Regression and random forest approaches

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1 Background

- Mental health disorders are both a major public health and economic issue
- In modern professional life, its prevention and promotion have become a major challenge for decision-makers
- A broad range of work-related psycho-social factors (**PSFs**) have been documented as having an impact on mental health¹
- Decision-makers lack pertinent methodological tools to help them identify key PSFs on which they may act to improve mental health among employees
- Most published studies attempting to hierarchize PSFs have focused on their *importance* only i.e. the strength of their association with mental health
- However, the exposure prevalence to each PSF, that is, its *performance*, is also important to consider

2 Objective

- To propose a new adjusted ranking index (RI) to hierarchize PSFs, that jointly takes into account their *importance* and their *performance*

3 Methods

Ranking methodology

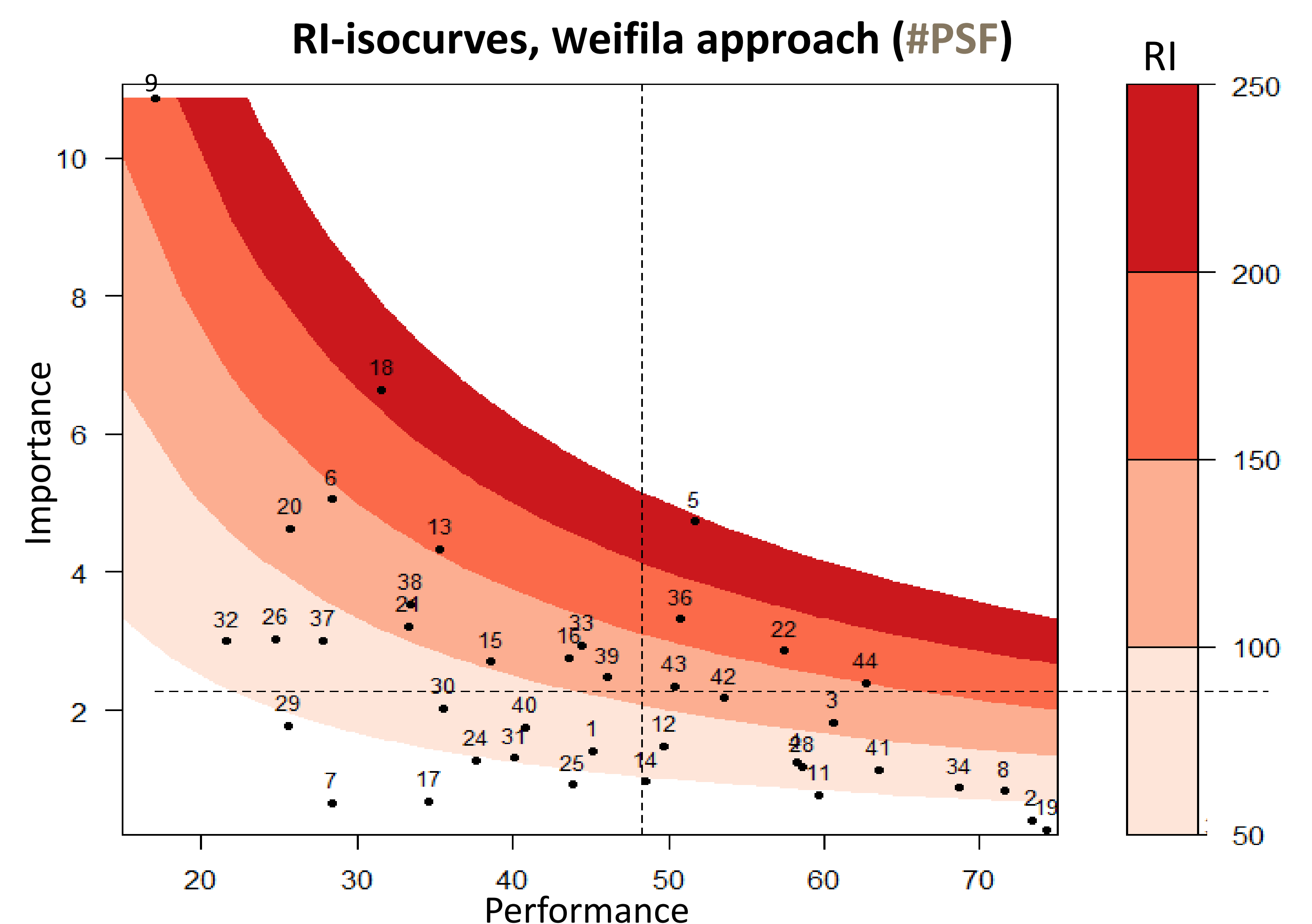
1. **Performance measurement** : prevalence of exposure to each PSF
2. **Importance measurement** : adjusted strength of association between mental health and PSF
 - Weifila approach²
Based on variance decomposition
Linear context
 - Random forest (RF) approach³
Permutation importance
Non-linear context
3. **PSF Ranking Index (RI)**
 - **RI = importance x performance**
 - RI-isocurves to identify PSFs requiring priority actions, with higher RIs
 - We identified key PSFs based on a synthesis of our results

Data

- **Cross sectional study conducted in March 2018**
Sample of 3200 individuals, living in France and representative of the French workers (*according to the age, the gender, the profession, and the residence place*)
- **Measurement of the mental health status :**
GHQ-28 « **General Health Questionnaire with 28 items** »
- **44 PSFs and 9 covariates were documented**

4 Results

Rank	#PSF Weifila	PSF description
1	5	Unsatisfactory communication at work
2	18	Inability to depend on work collaborators
3	9	Imbalance private and professional life
4	36	Emotional demands at work
5	22	No good career prospects
6	13	Not feeling valued or recognized at work



- PSF importance was normalized to 100% to ensure a better comparability between the two methods
- The PSF rankings obtained with the two approaches are strongly consistent with each other (Spearman correlation coefficient = 0.73; p-value < .001)
- From the 10 PSFs with the highest RIs, a total of **six** were found in common (**in bold**) and thus identified as key for decision making
- These PSFs can also be visually identified from the RI-isocurves

5 Conclusion

- To our knowledge, this is the first study considering jointly the importance of PSFs and their exposure prevalence for decision making in work-related health, using multivariate approaches
- A causal analysis is needed to complete all the results already obtained to identify the drivers of mental health improvement
- These findings have the potential to help improve the quality of life of employee

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