

**Prevalence of chronic fatigue and common mental disorders among female workers in the Free Trade Zone Katunayaka and some occupational and life style risk factors of chronic fatigue.**

**MD (Community Medicine) - 2005**

**D 1420**

A study was carried out among 1630 female workers in the Free Trade Zone, Katunayaka, Sri Lanka with the objective of assessing the prevalence of chronic fatigue and common mental disorders among them, and to identify occupational and life style risk factors of chronic fatigue. Study was conducted in three stages, Validation of the Multidimensional Checklist Individual Strength (CIS) questionnaire to assess chronic fatigue, a prevalence survey and a case control study to identify risk factors. In this study, the CIS questionnaire was used to assess chronic fatigue. Common mental disorders were assessed using the General Health Questionnaire 30 and Bradford Somatic Inventory was used to assess the somatic presentation of psychiatric symptoms. Necessary steps should be taken to reduce the financial overburden of the worker by establishing a minimal salary scale with the agreement of the factory management, and by organizing programmes on vocational training for factory leavers and by introducing low interest loan schemes for those who need financial assistance. More attention should be given to enhance the job satisfaction of workers. Adequate lodging with at least basic facilities and transport facilities after night shifts should be provided by the factories to ensure the security. Prompt attention should be given to worker welfare facilities and measures should be taken to uplift the general health status of the worker. Periodic screening for chronic fatigue status should be done in terms of early detection of and prevention of psychological disorders. Existing counseling centers should be strengthened.