SUMMARY

Job stress is a combination of high psychological job demands (high work load) and low job control (low decision latitude) increases the risk of many diseases. Women appear to be more sensitive than men to psychological work stress. This cross sectional study was carried out to examine the association between job strain and some health responses in women working in Benha faculty of medicine. The studied sample comprised 400 female employees 200 from Benha faculty of medicine and 200 nurses from Benha University hospital, every female was subjected to full medical history, clinical examination, E.C.G. laboratory investigations, and a specific questionnaire of work- related stress.

The present work revealed that:

- 56% of nurses carry-out active and high strain job in comparison to only 21.5% of administrative group carry out these type of jobs.
- The prevalence of high strain job was predominant among I.C.U., operative and pediatric nurses (60%, 52% and 44% respectively).
- The frequency of occurrence of hypertension (systolic and diastolic) is higher among nurses (19.5%, 24.5%) in comparison to administrative group (10.0%, 14.5%).
- The percentages of obesity (BMI & WHR) was higher among the nurse group (39.0% & 24.5%) in comparison to the administrative group (27.0% & 16.5%).
- No difference between nurse group and administrative group were found as regard, chest pain and ECG changes specific to coronary heart disease.

- The frequency of occurrence diabetes was 17.5% in comparison to the administrative group (8.5%).
- The frequency of occurrence of hyperuricemia was 8.5% in comparison to the administrative group (3.5%).
- Correlation coefficients (r) between BMI and its risk factors showed that a positive and significant correlation between BMI and serum cholesterol, serum TG, age, WHR, nurses with over time work and nurses with night shift.
- Correlation coefficients (r) between WHR and its risk factor showed a positive and significant correlation between WHR and high serum cholesterol.
- Correlation coefficients (r) between systolic and diastolic blood pressure and their risk factors showed a positive and significant correlation between blood pressure and serum cholesterol level, serum LDL, serum TG and serum TC/HDL.
- Regression variables related to systolic and diastolic blood pressure were, stress and serum cholesterol level.
- Correlation coefficient between total serum cholesterol and related risk factors showed a positive and significant correlation between total serum cholesterol and stress, nurses with over time work and night shift, BMI and WHR.
- Regression variables related to total serum cholesterol were stress and WHR.
- There was a positive and significant correlation between serum uric acid and age, total serum cholesterol, serum LDL, serum TC/HDL ratio, serum triglyceride as well as BMI.

- There was direct correlation of statistical significance between work-related stress and age, WHR, TC/HDL ratio, overtime work, serum TG, but inverse correlation of no statistical significance with HDL
- The best predictors of work- related stress were: duration of work, over time work and age.