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**Physical exertion at work and addictive behaviors: tobacco, cannabis, alcohol, sugar and fat consumption: longitudinal analyses in the CONSTANCES cohort**

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**ABSTRACT**

OBJECTIVES - Difficult working conditions could be associated with addictive behaviors. This study examines the prospective association of physical exertion at work with risk of tobacco, cannabis, alcohol use and sugar and fat consumption. METHODS - Volunteers of the French population-based CONSTANCES cohort currently employed were included from 2012 to 2017 for tobacco and cannabis outcomes (n=100,612), and from 2012 to 2016 for alcohol and sugar and fat outcomes since these data were not available in 2017 (n=75,414). High level of physical exertion at work was defined as a score  $\geq 12$  at the Rating Perceived Exertion Borg scale. Substance use was self-reported and patterns of sugar and fat intakes were obtained from qualitative FFQ principal component analyses. Generalized linear models were conducted to calculate the Odds-ratios (OR) of baseline physical exertion at work with tobacco, cannabis, alcohol use and sugar and fat consumption at follow-up adjusting for sociodemographic factors, depressive symptoms and baseline level of consumption. RESULTS - High physical exertion was associated with tobacco use: increased odd of relapse in former smokers (OR=1.13, 95% confidence interval (CI):1.02-1.24), and increased by 5 cigarettes/day among current smokers (OR=1.54, 95%CI:1.33-1.78) with dose-dependent relationships (P for trend<0.0001). It was also associated with increased frequency of cannabis use (OR=1.31, 95%CI:1.03-1.66) and high sugar and fat consumption (OR=1.13, 95%CI:1.07-1.18). CONCLUSIONS - High physical exertion at work was positively associated with subsequent tobacco and cannabis use and sugar and fat consumption. These associations should be considered when designing preventive strategies regarding poor health outcomes associated with physical exertion at work.

**KEYWORDS: -**

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