



# ICOH 2022

33rd International Congress  
on Occupational Health

## The mental wellbeing of Belgian workers during the first wave of the COVID-19 pandemic

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Idewe, external service for prevention and  
protection at work

Center for environment and health, KU Leuven

I have no conflicts of interest to disclose

# Background & aims



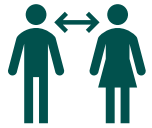
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# Measures during first wave of COVID-19 pandemic



Risk of contamination



Limiting social contacts and keep physical distance



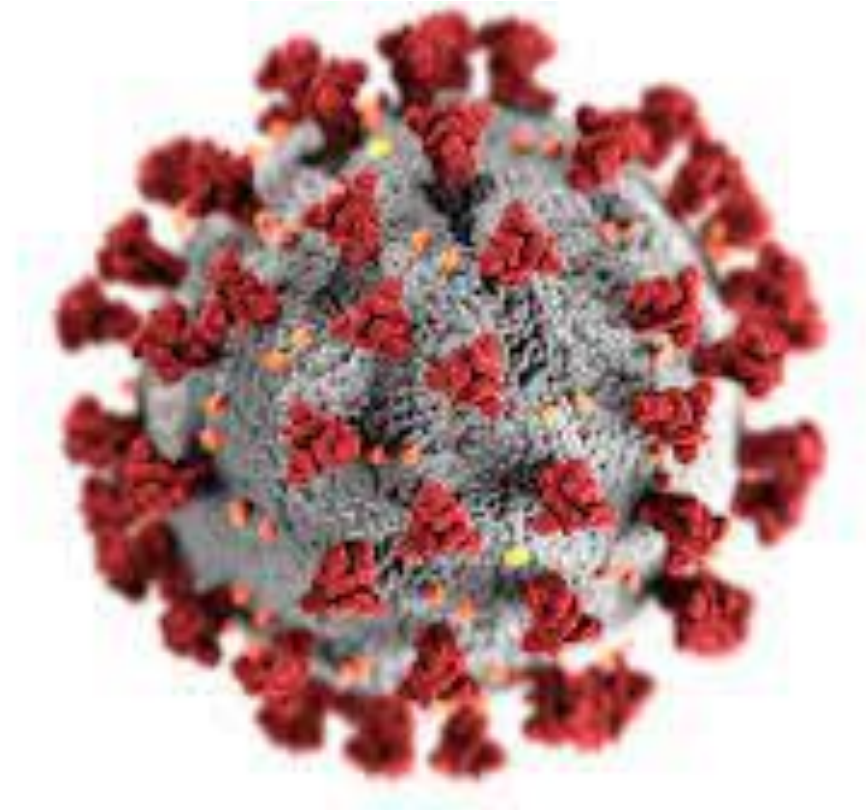
Loss of social support family & friends



Compulsory telework, often in combination with taking care of children



Technical unemployment



## Research question



What is the evolution of psychological experiences, job-resources and mental well-being of Belgian workers during the first wave of the COVID-19 pandemic?

# Methods



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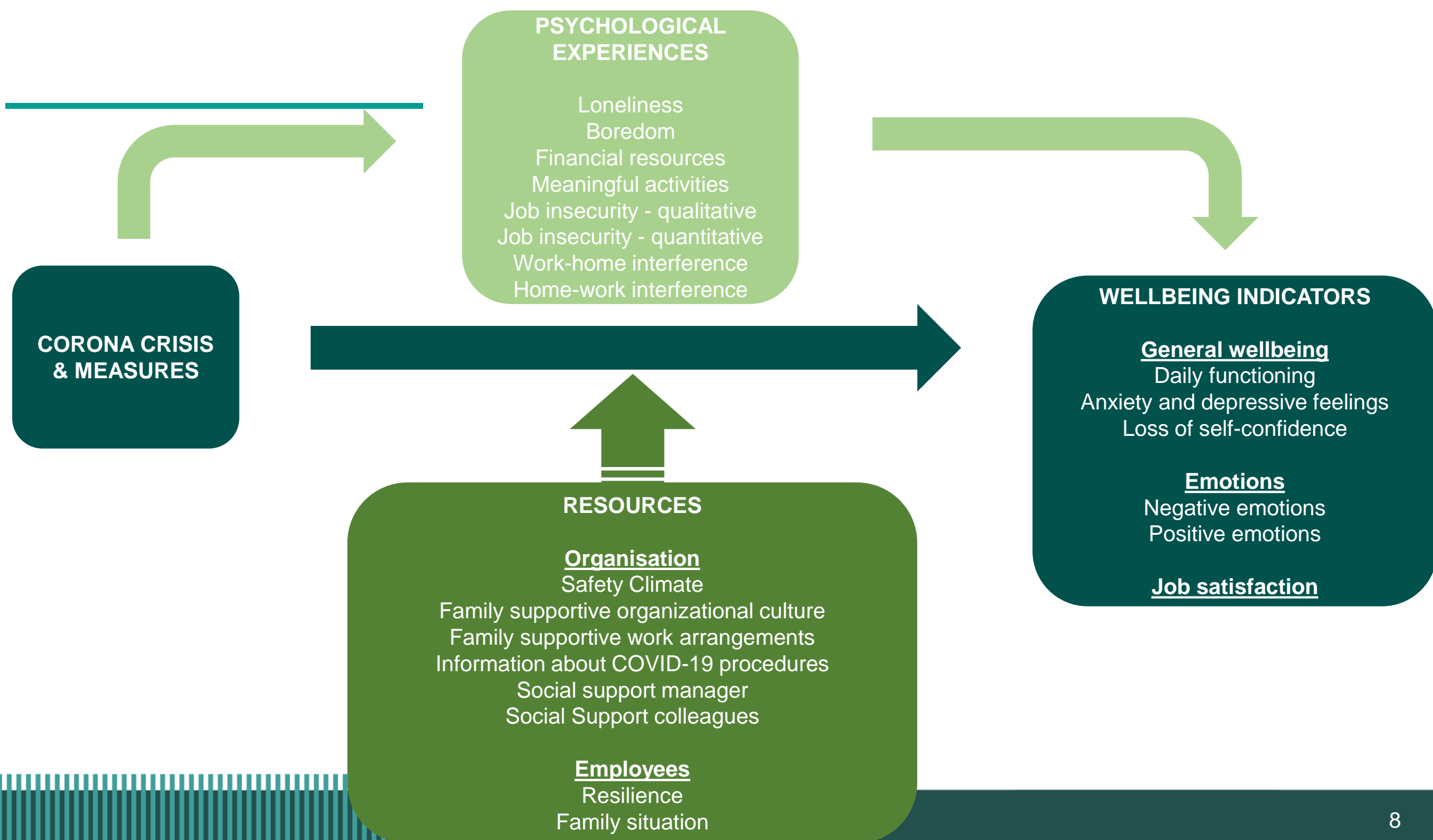
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# Method

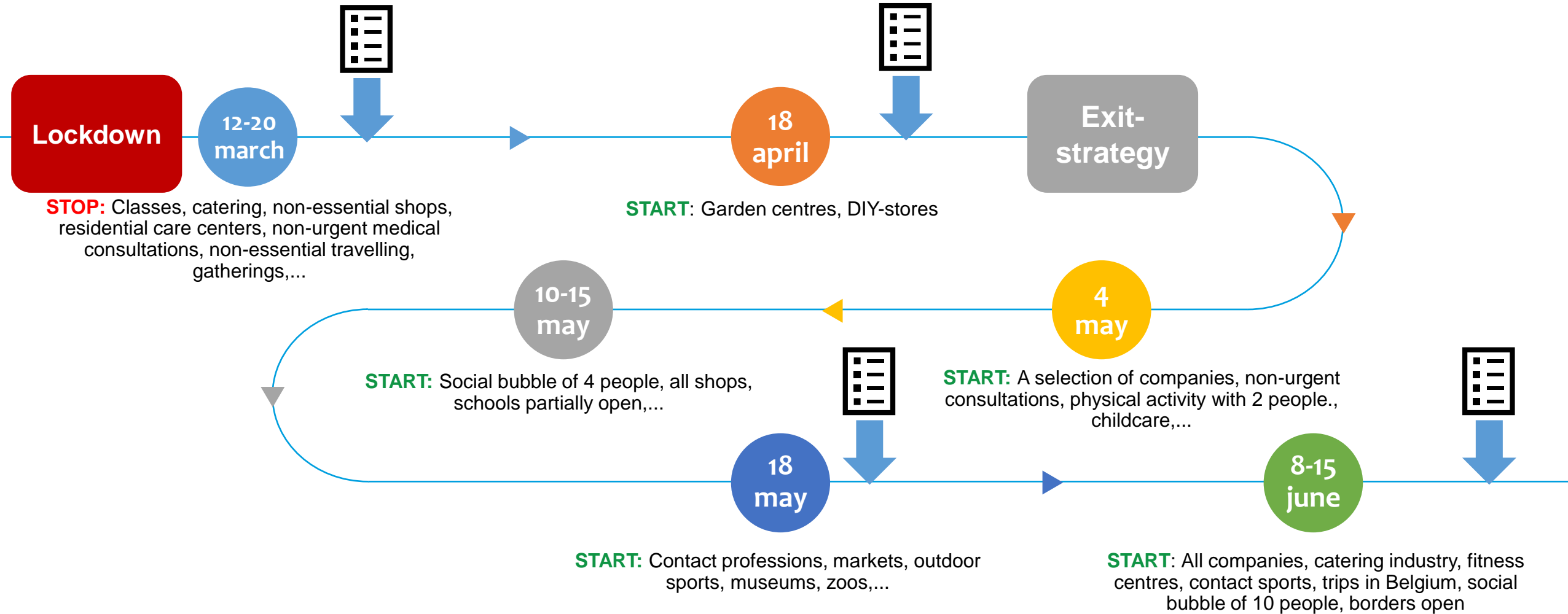
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- Design and setting
  - Prospective cohort study with 4 monthly measurements via electronic questionnaire
- Sample
  - Belgian workers
  - 17 years and older
- Recruitment:
  - Research panel IDEWE (<https://www.idewe.be/onderzoekspanel>)
  - Social media, website and newsletter
- Protocol approved by the Social Ethics Committee (SMEC) of KU Leuven





# Prospective cohort study: 4 waves



# Results

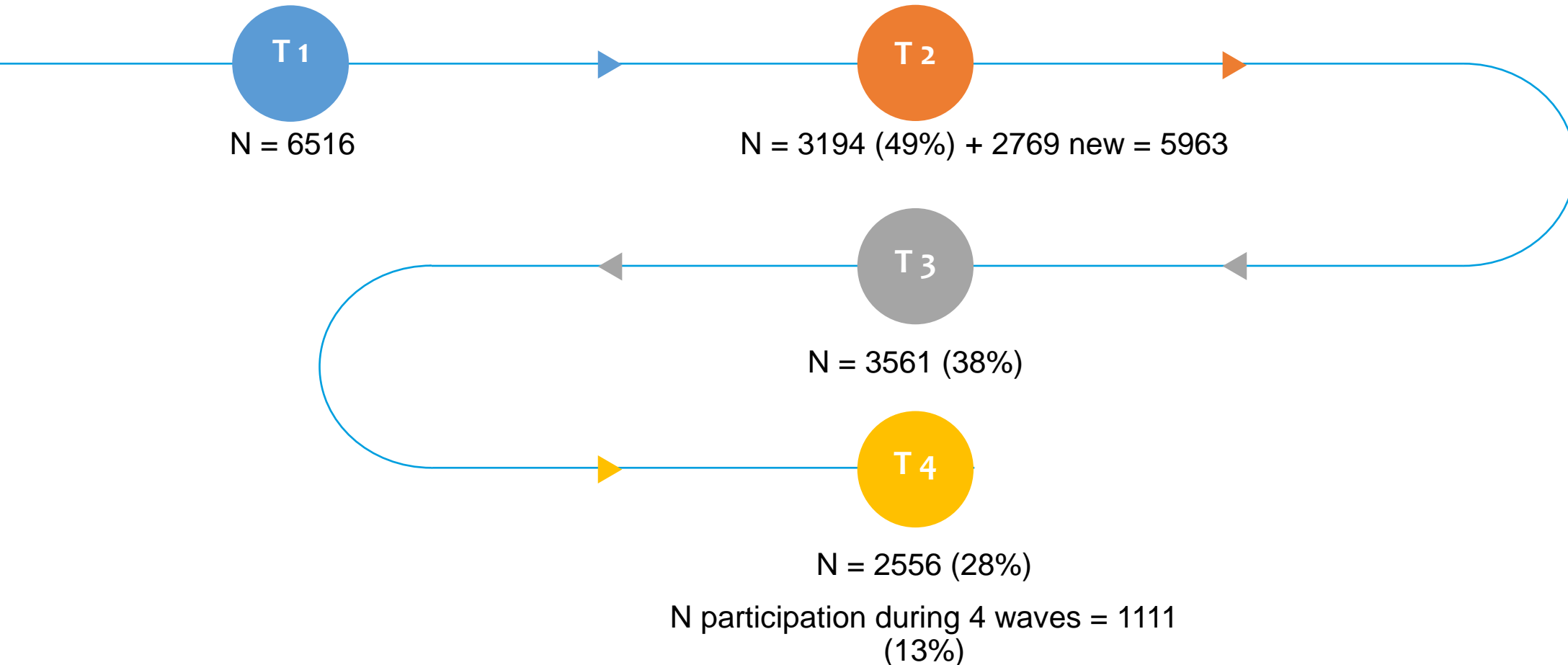


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# Prospective cohort study: 4 waves

After quality control: heterogeneous sample of 9285 working Belgians in study



# Sample (n=1111)

## GENDER



74,8%



25,2%

## FAMILY SITUATION



17,5%



22,4%



7,8%



47,5%

## INDUSTRY



30,9%



10,2%



19,7%



4,2%



15,1%



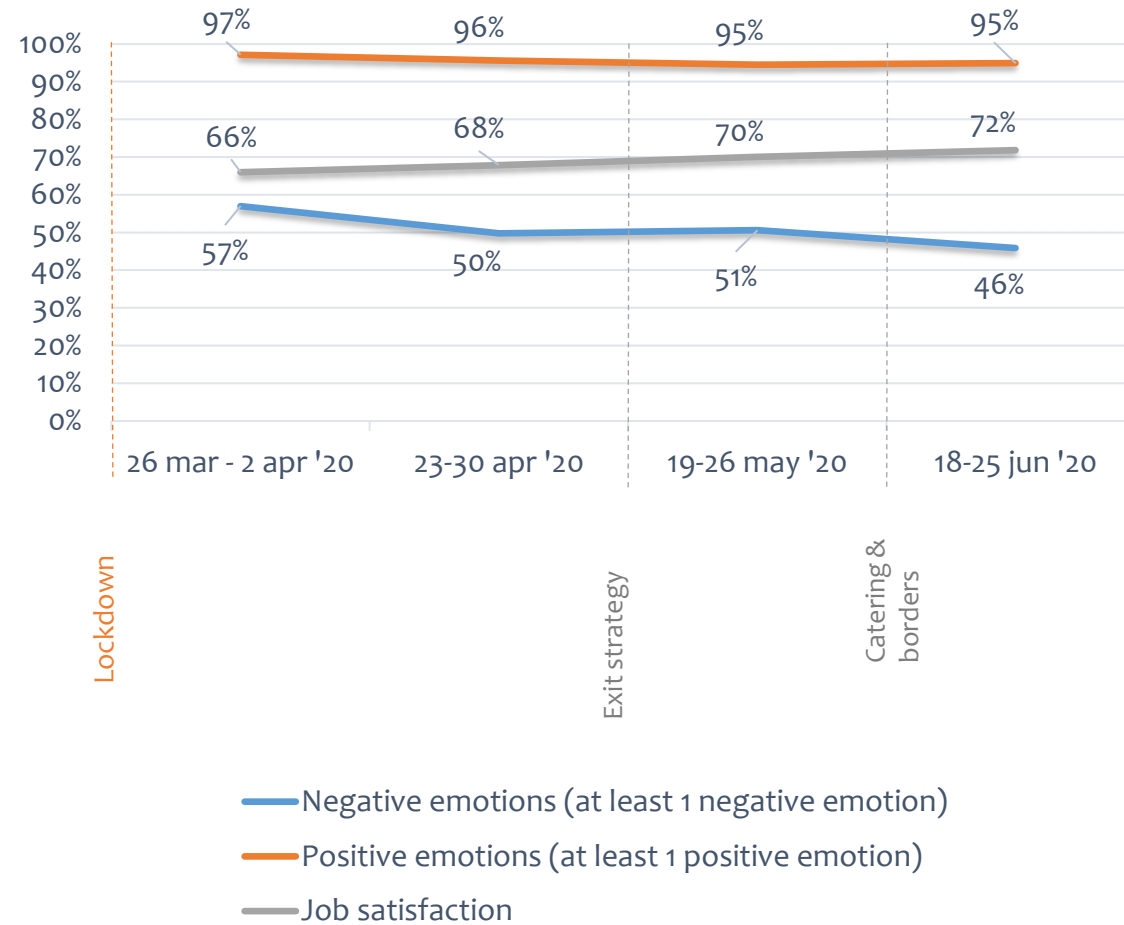
5,6%



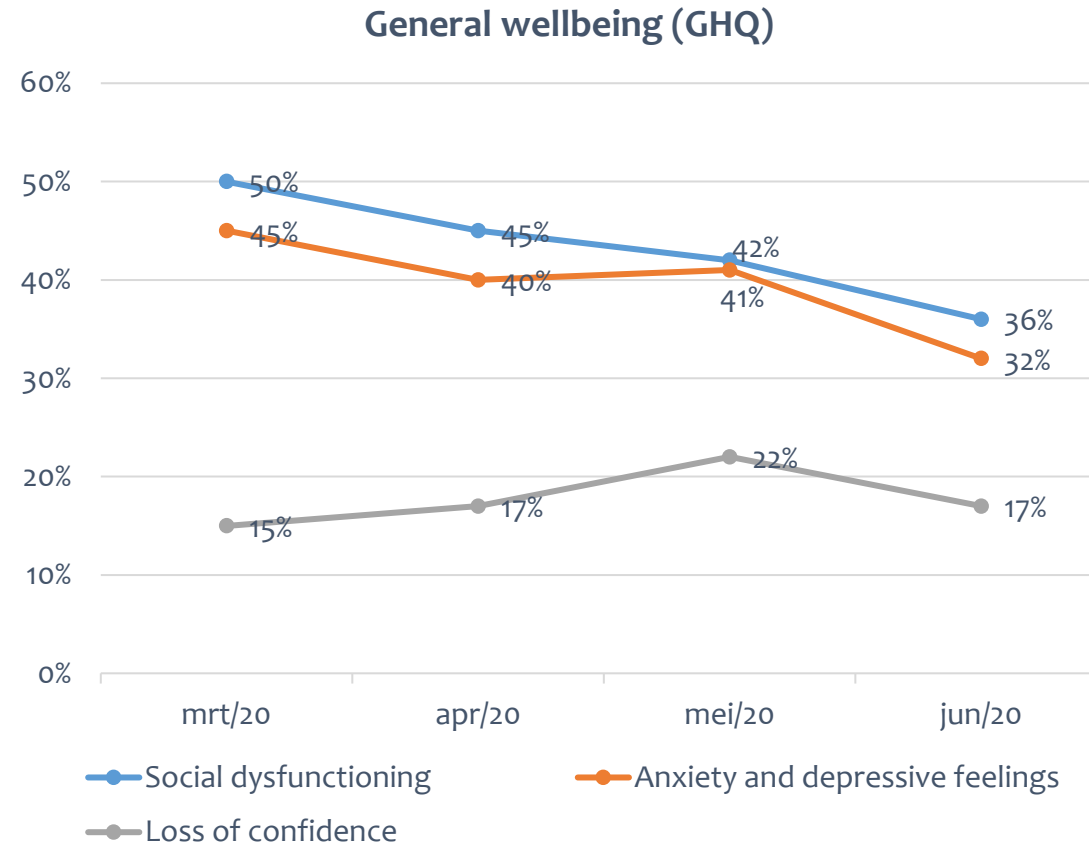
14,3%

# Mental wellbeing (n=1111)

Emotions (PANAS-10) and job satisfaction

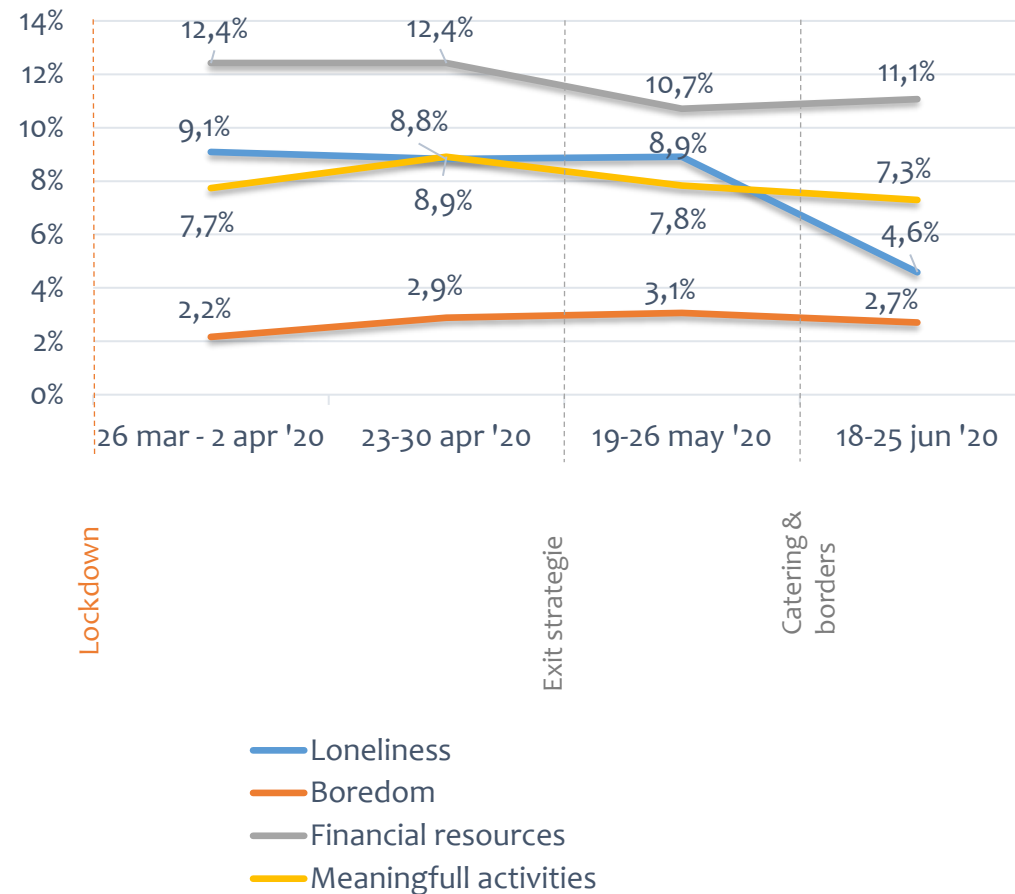


# General wellbeing (n=1111)

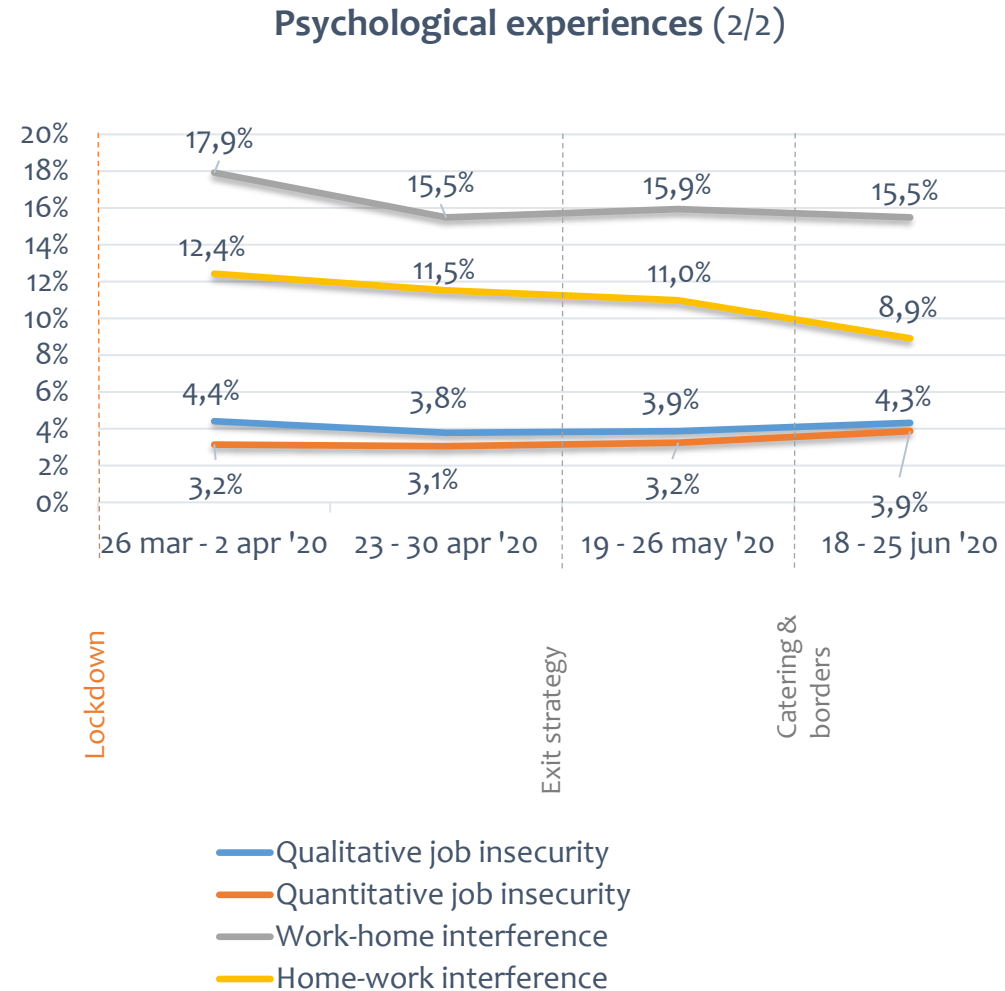


# Psychological experiences (n=1111)

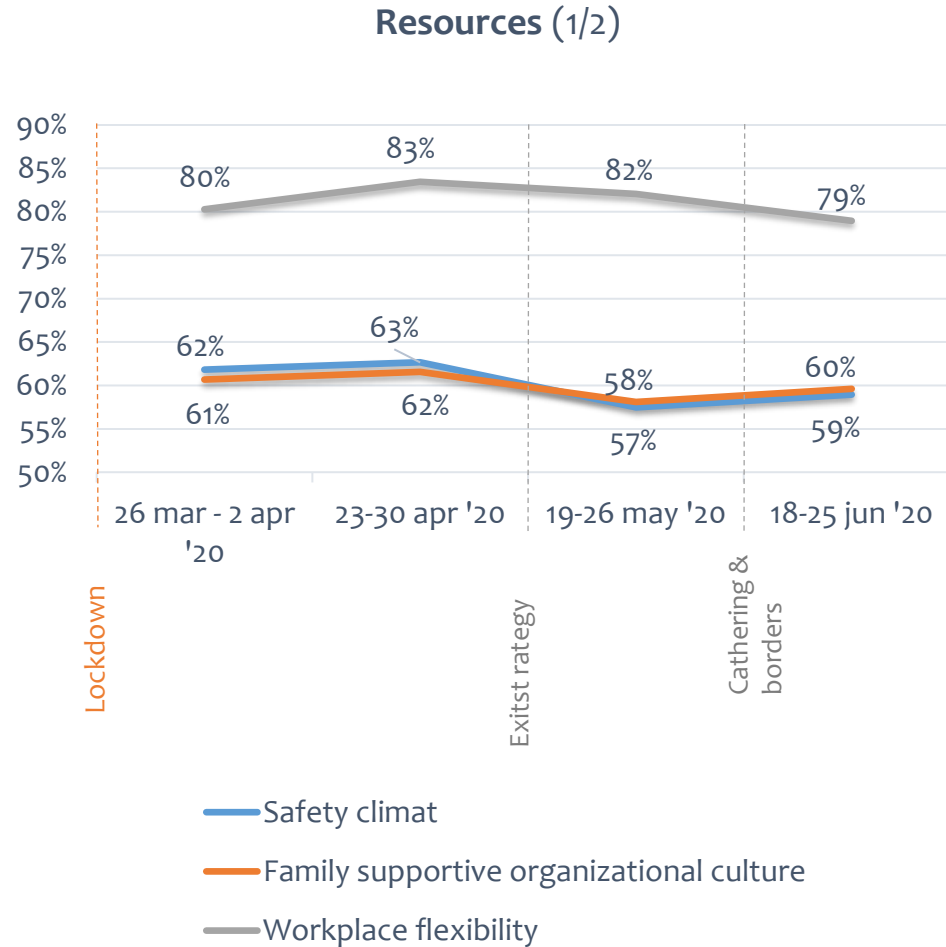
Psychological experiences (1/2)



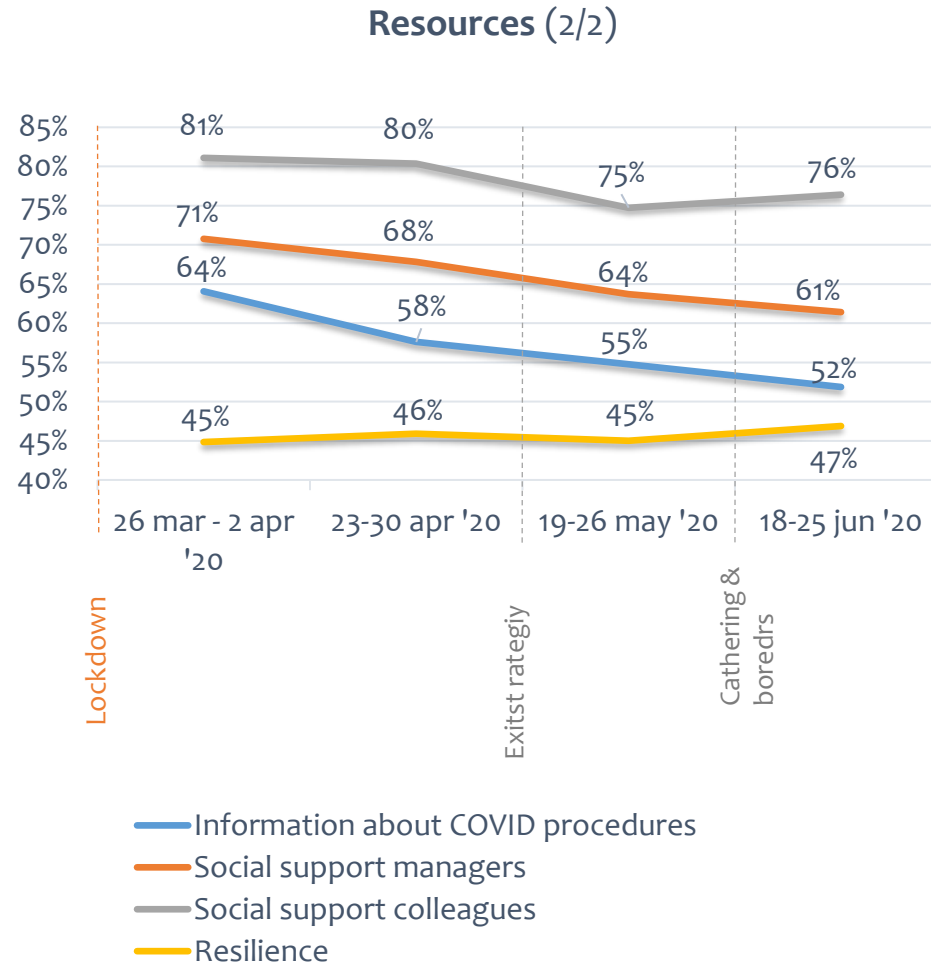
# Psychological experiences (n=1111)



# Evolution resources (n=1111)



# Evolution resources (n=1111)



# Take home messages



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# Conclusion

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## Mental wellbeing

- Slight improvement when COVID-19 measures were relaxed



## Psychological experiences

- Varying evolution of different experiences
- Notable: less loneliness on T4



## Resources

- Declining trends in perceived information about COVID-19 procedures & social support
  - Higher wellbeing if more resources
  - Importance of support employers & managers and resilience employees



## **Authors**

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