

## Psychological stress and mental health among seafarers

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**Objective:** This work aims to determine whether the mental health of seafarers is a significant problem, by providing actual epidemiological information, identifying the factors that are supporting or undermining the mental health of seafarers, and proposing solutions and practices aimed at improving the health of this class of workers.

**Methods:** This study is an **epidemiological investigation** of mental and behavioural disorders among seafarers onboard commercial ships without a physician. The aim is to propose solutions to improve the quality of life in this difficult working environment. We examined 38,477 requests of assistance from patients embarked on ships assisted by the CIRM from 2011 to 2019. All the diagnosed diseases have been categorized based on the ICD-10 classification system by the WHO.

**Results:** From 2012 to 2021, 476 cases of “**mental and behavioural disorders**” were officially diagnosed. The most common form of mental disorder was anxious syndrome (169 cases), followed by depressive disorder (153 cases), insomnia (51 cases), panic attacks (35 cases), etc. Over the 9 years analysed, a total of 37 suicide and 4 attempted suicide cases occurred. The number of mental and behavioural disorders diagnosed on board – as well as the number of suicides - show that the seafarers’ mental problems are a concrete and serious issue.

**Keywords:** Mental health, Seafarers, **Telemedicine**, Psychological stress, Environmental health.

### Biography

Dr Gopi Battineni, PhD, is a post-doctoral researcher at the clinical research centre, School of Medicinal and Health Products Sciences, University of Camerino in Italy. He earned a degree (with the first-class distinction) in Electronics and Communication Engineering (E.C.E.) at Jawaharlal Nehru Technological University, India; a master’s degree (with honours) in Computer Science and Engineering from Sheffield Hallam University, UK; a master’s degree (with honours) in Enterprise Engineering from University of Bordeaux, France. PhD in One health at the University of Camerino in December 2021. His research area includes Telemedicine, Process mining, Natural language processing, Data mining, Big data and Machine learning. Dr Battineni is a member of the European Research Committee and has published more than 60 several research papers in SCI, SCIE and Scopus indexed journals.

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