



Title: Psycho-behavioral risks of low back pain in railway workers

Name: Dr. Kurubaran Ganasegeran

Tengku Ampuan Rahimah Hospital (HTAR), Klang 41200, Malaysia

Biography

Dr Kurubaran Ganasegeran, a medical doctor at Tengku Ampuan Rahimah Hospital (HTAR), Malaysia developed his passion for scientific research during his medical studies. He received his BMedSc (Hons) and MBBS degrees from the Management & Science University (MSU) Malaysia and currently progressing to his Master's Degree in Health Research. He works with a team of leading health experts, having over 25 papers published in reputed journals. He has reviewed over 75 manuscripts for international journals and awarded the valued reviewer certification. He serves as an editorial board member of repute. His researched areas include psycho-behavioral medicine, internal medicine, and public health.

Abstract for: E-poster presentation

Psycho-behavioural risks of low back pain in railway workers

Kurubaran Ganasegeran¹, Wilson Perianayagam¹, Prashanth Nagaraj², Sami Abdo Radman Al-Dubai³

¹Tengku Ampuan Rahimah Hospital (HTAR), Malaysia; ²M.S. Ramaiah Medical College (MSRMC), India; ³International Medical University (IMU), Malaysia.

Low back pain (LBP) is the most costly ailment in the human work force. Risky work behaviors and psychological stress are established risk factors. We aimed to explore the associations between risky work behaviors, psychological stress factors and LBP among Malaysian railway workers. A cross-sectional study was carried out on 729 railway workers across eight states within Peninsular Malaysia. Socio-demographics, risky work behaviors, perceived psychological stress and history of LBP over the previous month were obtained by direct interviews using a structured closed ended questionnaire. Descriptive, bivariate and logistic regression analyses were conducted. We achieved a 70% response rate (513 study participants). The prevalence of LBP in the previous month was 69%. Multivariate analysis yielded four significant predictors of LBP: employment of ≥ 10 years, lift and lowering heavy loads, prolonged standing posture and psychological stress. The high prevalence of LBP and its significant associations with behavioral and psychological stress factors in railway workers points to an urgent need for preventive measures, particularly among workers in high risk occupations.

