

Introduction: Stress is not only highly destructive, causing various mental health disorders (anxiety, insomnia, depression), cardiovascular diseases, poor immune function, and presenteeism, as it is costly. While concerns about occupational stress have increased, new solutions for its management have emerged. Systems based on the use of facial recognition, posture, eye movements, video monitoring, and behavioral stress detection have shown good results. Their drawback has mainly been the recording of the said video feed and privacy threats proceeding. This Focus Groups aimed to raise the opinions, perceptions, and concerns of end users regarding the system under development.

Material and Methods: With a new solution in mind, we gathered two groups of knowledge workers, one group of team leaders, and a group of consulting psychologists to gather their perceptions. A Focus Groups was conducted online via Microsoft Teams, as COVID-19 restrictions were applied during that period.

Results: Against previous reports, knowledge workers showed that privacy threats were not their major concern. Both groups showed that Mental Health was their main focus as the follow-up structure regarding stress detection was the most prevalent topic being close to information sharing and software adaptation.

Conclusions: The results highly contribute to the development of future stress detection applications/software and the importance of a detailed and thorough explanation regarding the software framework.

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An unobtrusive stress detection software: Protocol design to assess the reliability of video plethysmography

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Introduction: Software solutions for stress detection have been emerging. Existing solutions still largely rely on supervised learning methods, requiring extremely large sets of labeled data for each situation. Stress assessment using video plethysmography is a recent method that needs further investigation. The room lighting conditions and the person's movement have been identified as the main barriers to the software progression. Thus, it is necessary to build a laboratory pilot that will take into account these difficulties. We present an in-depth protocol on how to assess the reliability of a video facial recognition software on collecting physiological data (heart rate and blinking).

Experimental Protocol: We constructed a laboratory pilot where we could compare the software outputs to an electrocardiogram. The pilot contains two separate phases of data collection. In both phases, the participants will have two separate cameras: one front-facing, and the other at 45 degrees. The main difference in the phases are lightning scenarios, face positioning (through task vs resting), and low/high-resolution cameras.

Results: The laboratory pilots clearly report the limitations of video plethysmography software and their reliability.

Conclusions: This research and its methodology contributes to the development of future stress detection applications/software. Our technology strives to make a step forward in stress detection software.

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Work-Life Balance of Secondary School Teachers in Ibadan, South-West Nigeria

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Introduction: Work life balance (WLB) is an important contributor to mental health and well-being of workers. This study therefore aimed to determine and compare WLB of rural and urban secondary school teachers in Oyo State, Nigeria.

Materials and Methods: This study utilised a comparative cross-sectional design and studied 1178 public and private school teachers across urban and rural local government areas (LGAs) of Oyo State using a multistage sampling design. WLB was assessed using three dimensions [work interference with personal life (WIPL), personal life interference with work (PLIW), and work/personal life enhancement (WPLE)] and summarized as scores. Total WLB score was obtained using the three dimensions.

Results: females had a total work life balance score that was about two points significantly higher than that of the males [$\beta = 1.99$ (95%CI: 0.734-3.252)]. Teachers in Public schools had a total WLB score that was 1.8points significantly higher than those in private schools [$\beta = 1.77$ (95%CI: 0.165-3.385)]. Total WLB score was four points significantly higher among those who taught ≤ 5 subjects than those who taught >5 subjects [$\beta = 4.17$ (95%CI: 1.897-6.45)]. Those with > 50 students in a class had a total WLB score four points significantly higher than those < 50 students. [$\beta = 4.91$ (95%CI: 3.483-6.354)]

Conclusion: Secondary school teachers experienced work life balance issues.

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Presenting with work-related mental ill health in Great Britain: Exploring key contributors

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Introduction: Mental ill health continues to be a pervasive element of the work environment, with ongoing research on the causes and consequences of the conditions. Despite the prevalence of research, limited data are generated on an annual basis that provide context to those consistent factors that adversely impact on workers' mental health. This paper explores occupational health data gained from workers who present to occupational physicians (OPs) and general practitioners (GPs) in Great Britain (GB) with symptoms.

Material and Methods: The data are drawn from The Health and Occupation Research Network (THOR) database, which OPs report to the Occupational Physicians Reporting Activity (OPRA) and by GPs to THOR-GP. They reflect cases over the 2009-2020 period, with diagnoses of stress, anxiety, depression or sleep problems using