

P-241 - MENTAL HEALTH IN WORK PLACES: ASSESSMENT OF A YOGA INTERVENTION PLAN

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Introduction: This research is justified by the need to provide scientific input to the development of interventions that can promote mental health in work places. There are few studies about assessment interventions in this area and rare are those using a Yoga intervention plan.

The objective of this research is to promote mental health in work places.

Methods: evaluation research design with a baseline pre-intervention compared with those measures obtained at the end of the intervention (pre-and post-test), using the coping style as a health indicator. The participants were 18 workers in two organizations, one of them fits in the educational services and the other in food services. Instruments: a) Coping Responses Inventory at Work, b) Yoga Intervention.

Results: in general coping strategies increased and decreased the avoidance of stress. Mainly, Evasive rationalization decreased ($p = 0.001$) and increased Compensatory alternatives ($p = 0.006$) in the educational services. In the second organization changes occurred significantly in the Positive evaluation of stressful events ($p = 0.001$) and Search Support scores ($p = 0.010$) of workers. In addition strategies for coping with stress (17%) as well as avoidance strategies (14%) increased in this organization. In the qualitative aspect, the educational organization showed stressful situations as opposed to the greater flexibility of the second organization.

Conclusion: there was a change in health indicators after the Yoga intervention in both organizations. The results, although limited to a small sample, encourage further research with Yoga in promoting mental health in work places.