

Association between occupational well-being and electronic cigarettes use in Colombian postmenopausal women

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International academic organizations have called for more research on working postmenopausal women. At the same time, there is concern about the increase in the use of electronic cigarettes (vaping), since they favor some chronic non-communicable diseases. There are few studies that explore the relationship between well-being at work and the use of electronic cigarettes in postmenopausal women.

Objective

To estimate the association between occupational well-being and electronic cigarettes use in postmenopausal women working in the Colombian productive sector.

Methodology

Cross-sectional study derived from the Quality of Life in Menopause and Colombian Ethnicities [CAVIMEC] project. Study anonymous and approved by the ethics committee. Sample size was calculated using Data on the Participation of Colombian Women in the Labor Market. Postmenopausal women between 40-59 years of age who had an eight-hour/daily employment contract and resided in Colombia were invited. They signed informed consent. Those who did not wish to participate were excluded. A questionnaire was administered to collect personal data, including the use of electronic cigarettes. In addition, the items of the Work-Related Quality of Life Scale (WRQLS) were applied to identify occupational well-being. The scores of each domain were compared according to electronic cigarette use. Bivariate logistic regression was conducted to establish the association of each WRQLS domain with current electronic cigarette use.

451 postmenopausal women were included in the study	
Age, years	53.3 ± 4.5
Time since menopause, years	6.6 ± 5.1
Work in the public sector	200 (44.3)
Use of electronic cigarettes	24 (5.3)

Data are presented in mean and standard deviation, absolute value (%).

Comparison of the score of the domains of the Work-Related Quality of Life scale, according to the use of electronic cigarettes (n=451)	Electronic cigarettes	
	Yes 24 (5.3%)	No 427 (94.7%)
Overall Quality of Working Life ^{1,3}	3.4 ± 0.7	3.9 ± 1.0
General Well Being (GWB) ^{2,3}	3.3 ± 0.6	3.9 ± 0.7
Working Conditions (WCS) ^{2,3}	3.1 ± 0.7	4.0 ± 0.8
Control at Work (CAW) ^{2,4}	3.3 ± 0.6	3.7 ± 0.8
Home-Work Interface (HWI) ^{2,4}	3.3 ± 0.6	3.9 ± 0.8
Job Career Satisfaction (JCS) ^{2,3}	3.3 ± 0.6	3.9 ± 0.7
Stress at Work (SAW) ^{2,5}	3.2 ± 1.0	2.9 ± 1.1

Data are presented in mean and standard deviation.

The higher the score of the items and the domain of the scale WRQLS, the better the workers' engagement with their work activity.

¹Average score of question 24 of the Work-Related Quality of Life Scale (WRQLS).

²Domain of the Work-Related Quality of Life Scale (WRQLS).

³p<0.001. ⁴p<0.05. ⁵p>0.05.

Association with electronic cigarette use. Bivariate logistic regression	
Overall Quality of Working Life ¹	0.65 [0.45-0.93]
General Well Being (GWB) ¹	0.85 [0.77-0.93]
Working Conditions (WCS) ¹	0.69 [0.59-0.81]
Control at Work (CAW) ¹	0.84 [0.72-0.98]
Home-Work Interface (HWI) ¹	0.79 [0.68-0.93]
Job Career Satisfaction (JCS) ¹	0.86 [0.79-0.93]
Stress at Work (SAW) ²	1.13 [0.93-1.36]

Data are presented in OR [95%CI]. Domain of the Work-related Quality of Life Scale (WRQLS). ¹p<0.05. ²p>0.05.

Conclusion

In a group of postmenopausal Colombian women involved in the productive sector, it was found that occupational well-being was related to the possibility of using electronic cigarettes.