

**Medical Centre for Occupational Stress and Harassment
Clinica del Lavoro “Luigi Devoto”
Fondazione IRCCS Ospedale Maggiore Policlinico, Mangiagalli
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Teaching practice in mental health problems

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The Italian curriculum for the post-graduate course in Occupational Medicine does not include a structured teaching in management of mental health problems in the working environment.

Schools in Italy approach differently this problem by means of conferences, seminars, training courses carried out by colleagues from the psychiatric and psychological disciplines

**The Centre of Occupational Neuropsychology,
Department of Occupational Health
University of Milan**

Our Institute is in a way an exception due to the presence, since the seventies, of two professionals, a psychiatrist and a psychologist, and the activation of a Centre of Occupational Neuropsychology with also teaching responsibilities.

Until the nineties, the activities of the Centre mainly referred to CNS response to neurotoxic agents as well as to physical risks such as noise, vibrations, shifts and other risk sources.

The Centre deals as well with psychiatric cases for fitness for work as well as acute intervention and orientation

In the eighties the activity developed also in the field of stress, as a new potential risk factor, and stress-related disorders.

This led to the restructuring of the Centre and in 1996 to the establishment of the First Italian Medical Center for Occupational Stress and Harassment with a Day Hospital Service at the “Clinica del Lavoro Luigi Devoto”.

Starting from the second of the four year course in Occupational Health, the students have a number of hours on work and health psychology in general and more specifically they have lessons on CNS response to traditional risk factors and on new risk factors such as distress and stress-related pathologies.

In parallel with traditional classroom teaching they also attend training periods in our Centre so to get in touch with the different mental health related problems they may be facing when working as occupational doctors

The Medical Centre for Occupational Stress and Harassment

The Centre deals with stress-related disorders at work: mobbing/bullying, physical violence, burnout, organization-related issues, ageing related issues.

- It is a public hospital Centre with a staff of occupational physicians, psychologists, psychotherapists, nurses, and technicians.**
- The main tasks are: clinical activities, rehabilitation, teaching, training, information, and research.**

Clinical activity

Development of a “2-3-day protocol” to evaluate the occupational situation, to assess health effects, and to establish diagnosis:

- **general medical examination**
- **history collection**
- **psychological interview**
- **battery of psychological tests**

Medical examinations

- **General medical examination to rule out systemic diseases and endocrinologic disorders**
- **History collection with special attention to previous neuropsychiatric disorders**
- **Occupational history collection with special attention to the behaviour of the victim in the previous work settings and to the negative actions claimed by the victim**

Psychological interview

- **Personal history**
- **Family history and family climate**
- **Social network**
- **Occupational history (past and current) to ascertain:**
 - **way of onset of the problems**
 - **time and duration**
 - **types and frequency of negative acts**
- **Symptoms (mood, behaviours, emotions etc.)**

Battery of psychological tests and questionnaires

- **MMPI**
- **Mood scale**
- **Wartegg test**
- **Subjective Symptoms Questionnaire**
- **Staxi (State Trait Anger Expression Inventory)**
- **Raven PM 38**

CDL Questionnaire

Aims of the evaluation

- **To obtain a picture of the occupational situation**
- **To obtain a profile of the social-emotional balance, the personality and behavioural patterns**
- **To establish the “compatibility” between the clinical findings and the occupational situation**

What are the post-graduate occupational health students expected to know about mental health problems at the end of their four year course?

- **To become more sensitive to workers emotional discomfort**
- **To recognize cases of occupational stress disorders**
- **To recognize a psychiatric case for a differential diagnosis**
- **To evaluate the emotional components of occupational pathologies due to physical-chemical risks**
- **To have access to the psychological and psychiatric experts for management of workers mental health problems**