

Table 2 Prevalence of shiftwork-related problems reported among the study population

Problems reported	Shiftworkers (n = 356) %	Day workers (n = 76) %	P-value^a
Insomnia	47.7	34.0	< 0.1
Hypnotic drug use	10.3	13.8	> 0.05
Adverse effects on own life	70.6	71.8	> 0.05
Adverse effects on family life	75.6	74.0	> 0.05
Adverse effects on social life	84.3	70.3	< 0.05
Gastrointestinal problems ^b	34.6	30.0	> 0.05
Heart problems	16.4	14.3	> 0.05
Subjective problems ^c	88.0	73.6	<
0.002			
Work schedule dissatisfaction	62.4	37.0	<
0.001			

^a*Chi-squared analysis of the prevalence of the problems between shift and day workers.*

^b*Including increased appetite, decreased appetite, constipation, diarrhoea, peptic ulcers and indigestion.*

^c*Including dizziness, nervousness, carelessness, repetitive errors, irritation,*