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Mental Health Problems among Migrant Workers in Thailand

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In this study, female gender was associated with increased mental health symptoms. There is evidence that fluctuations in female hormones may increase women's vulnerability to emotional problems. Traditional gender roles and societal expectations may also contribute to the poorer mental health of women. Women are not only employed outside their homes, but they may also be expected to continue to be primary caregivers of children and/or elderly parents, as well as maintaining the home.

IMPACT

1. Most of the participants were healthy; public health programming can focus on health promotion strategies to maintain strong physical and mental health.
2. Health professionals need to actively engage with this important component of the workforce, to ask about mental health status to identify those who require mental health services and provide easy access to culturally appropriate services.

ACKNOWLEDGEMENTS

This study is supported by Faculty of Nursing, Mahidol University and Graduate Studies of Mahidol University Alumni Association.