

## **Associations between work- and family-related gender-coded factors and self-assessed health status (SF-36) in female hospital workers**

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In 2004 the Women's Health Office of Tyrol, Austria, examined for the first time the health situation of female hospital workers at Innsbruck University Hospital and subjected influencing gender-coded factors to a careful examination. A total of 1083 female hospital workers including medical doctors (n=98), technical personnel (n=145), nurses (n=667), administrative personnel (n=92) and a group mainly consisting of scientific personnel and psychologists (81) completed a questionnaire on job satisfaction, family commitments and the short form 36 health questionnaire (SF-36). Health differences between the occupational groups were predominantly not significant although female nurses reported better mental and poorer physical health status than did female hospital doctors. In addition, work- and family-related variables, already known from the bivariate correlation to influence health status, and age were included in a multivariate analysis. Of these independent variables the only one contributing highly significantly to seven of eight dimensions of the SF-36 health questionnaire was the "amount of domestic duties." The results indicated that the amount of time spent daily on household tasks and child care showed the strongest association with the health status of all female hospital workers. The fewer hours they worked at home the healthier they were. Traditional gender roles still make the strongest contribution to women's health independent of occupation and job satisfaction. These results underline the importance of including specific gender-coded variables when examining health-related factors.