

Organophosphate exposure and its relation to depression in pesticide workers: evidence-based case report = Paparan organofosfat dan kaitannya dengan depresi pada pekerja pestisida: laporan kasus berbasis bukti

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Abstrak

Latar belakang. Paparan organofosfat (OP) telah diketahui menyebabkan beberapa penyakit neurologis. Paparan OP yang tinggi dapat ditemukan pada pekerjaan seperti pekerja pestisida. Penelitian saat ini menunjukkan bahwa paparan OP kronis juga dapat menyebabkan gangguan mental, seperti depresi.

Metode. Pencarian literatur dilakukan pada database seperti Pubmed, Cochrane Library, dan Science Direct dengan kata kunci pekerja pestisida, organofosfat, dan depresi. Tiga artikel dipilih dan dinilai secara kritis.

Hasil. Satu studi kasus-kontrol menunjukkan bahwa pasien dengan depresi memiliki rasio odds sebanyak 1,34 untuk terkena OP. Satu studi kohort prospektif menunjukkan bahwa pekerja yang terpapar OP 1,17 lebih mungkin menderita depresi di masa depan. Satu studi cross-sectional menunjukkan bahwa pasien dengan depresi memiliki rasio odds prevalensi sebanyak 5,39 untuk terkena OP.

Kesimpulan. Paparan organofosfat kronis merupakan faktor risiko untuk mengembangkan depresi pada pekerja pestisida.

.....Background. Organophosphate (OP) exposure has been well known to cause several neurological diseases. High OP exposure can be found at occupations such as pesticide workers. Current research suggests that that chronic OP exposure may also cause mental disorder, such as depression.

Method. Literature searching was done on database such as Pubmed, Cochrane Library, and Science Direct with pesticide workers, organophosphate, and depression as the keywords. Three articles were selected and critically appraised.

Result. One case-control study showed that patients with depression had odds ratio as much as 1.34 to be exposed to OPs. One prospective cohort study showed that OP-exposed workers were 1.17 more likely to suffer from depression in the future. One cross-sectional study showed that patients with depression had prevalence odds ratio as much as 5.39 to be exposed to OPs.

Conclusion. Chronic organophosphate exposure is a risk factor for developing depression in pesticide workers.