

The Mental Health on Board project (MENHOB) has started working

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During the II International Congress on Maritime, Tropical, and Hyperbaric Medicine, Gdansk-Nynäshamn, June 2012, we successfully conducted a Workshop concerning mental health, entitled “Stress and Fatigue at Sea versus Quality of Life”.

As a result of the meeting and previous exchange of knowledge between scientists in different countries, the necessity of establishing a working group on the subject of Mental Health at sea has arisen. The acronym of the project and the working name of the group is MENHOB.

The main aim of MENHOB is the thorough research and review of important problems of people working at sea, such as: stress, fatigue, suicides and fatalities, PTSD, risk prevention, family life, isolation, etc. All of these aspects have a significant impact on the seafarer’s quality of life.

As an effect of the collaboration of The Group we should evaluate the actual strategies and techniques of life and work at sea. We imagine the task of the group to be: establishing and introducing into the maritime worksite and environment the real possibility of medical and psychological intervention.

We believe that by combining knowledge and experience from different countries, the opportunity for successfully coping with problems should follow.

The work of such a team should result not only in scientific publications but also bear fruit in issuing the international guide book (also in electronic version) and/or cre-

ating an internet platform for consultation and advising in this field.

To start with we have constructed an inquiry into the participating national centres of maritime medicine. This will give us insight into the current situation of people working at sea in different countries. Depending on the preliminary results, various centres will be able to work out the most important and pending problems. We will establish the range of activity during the meeting-workshop, which we are planning to organise in spring 2013 at the Institute of Maritime and Tropical Medicine in Gdynia, Poland.

Please find the attached inquiry mentioned above, and familiarise yourself with its main topics.

The MENHOB group has already been established but we are open to new members.

We ask all readers and possible participants for their comments and suggestions.

Filling out the inquiry in the most precise way will be beneficial for our project. In case of any questions please contact:

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MENTAL HEALTH ON BOARD (MENHOB)

Inquiry for the participating National Centres of Maritime Medicine

Please fill out the form in an accurate way (if possible using percentages and estimated quantities). It will allow us to compare data from different Countries.	
1. Country	
2. Estimated number of people working at sea	
3. Approximate number of shipping units	
4. Major areas of shipping industry (app. BRT tonnage or percentage)	Fishery BRT % Merchant BRT % Navy BRT % Industrial BRT % Drilling platforms BRT % Other BRT %
5. Mortalities: average number per year (last 5 years)	
6. The most frequent reasons for deaths [mark X in the chosen bracket]	<input type="checkbox"/> Health <input type="checkbox"/> Accidents at work (including sinking and drowning) <input type="checkbox"/> Falling overboard <input type="checkbox"/> Suicide <input type="checkbox"/> Other
7. Main psychological reasons of functioning disturbances among seafarers [mark X in the chosen bracket]	<input type="checkbox"/> Behavioural disturbances <input type="checkbox"/> Psychosomatic diseases <input type="checkbox"/> Neurotic disturbances <input type="checkbox"/> Psychotic diseases <input type="checkbox"/> Depression and anxiety <input type="checkbox"/> Alcoholism and other addictions <input type="checkbox"/> Other
8. The wellbeing of people working at sea in your country is:	Decreasing <input type="checkbox"/> YES <input type="checkbox"/> NO Increasing <input type="checkbox"/> YES <input type="checkbox"/> NO
9. The main causes of life quality (QL) worsening [mark X in the chosen bracket]	<input type="checkbox"/> Isolation <input type="checkbox"/> Work conditions <input type="checkbox"/> Life conditions <input type="checkbox"/> Family difficulties <input type="checkbox"/> Health problems <input type="checkbox"/> Financial deficiencies <input type="checkbox"/> Other
10. Centres and institutions in your country which are involved in Mental Health on Board (MENHOB) and Quality of Life (QL)	
11. Research programs conducted in your country connected with MENHOB and QL	
12. Your participation in other international projects concerning MENHOB and QL	
13. Your publications and literature from MENHOB and QL field issued in the last 5 years (max. 10 positions)	