

# Professione docente: un mestiere a rischio di disagio psichico? Indagine su stereotipi, vissuti, biologia e prospettive di un lavoro al femminile

V. LODOLO D'ORIA, G. BULGARINI D'ELCI\*, P. BONOMI\*\*, M. DELLA TORRE DI VALSASSINA\*\*\*, A. IOSSA FASANO\*\*\*\*, VALENTINA GIANNELLA\*\*\*\*\*, MARIA FERRARI\*\*\*\*\*, FRANCESCA WALDIS\*\*\*\*\*, FRANCESCA PECORI GIRALDI\*\*\*\*\*

Componente del Collegio Medico per l'Inabilità al Lavoro della ASL di Milano e responsabile del settore "Scuola e Sanità" della Fondazione Iard, Milano

\* Avvocato esperto in diritto del lavoro privato e pubblico, Studio Legale Bulgarini, Milano

\*\* Ricercatore della Fondazione Iard, Milano

\*\*\* Medico del lavoro competente dell'Azienda Ospedaliera Fatebenefratelli, Milano

\*\*\*\* Psichiatra psicoanalista coordinatore di Metandro, Milano

\*\*\*\*\* Psicologa di Metandro, Milano

\*\*\*\*\* Fondazione IRCCS, Ospedale Maggiore, Policlinico Mangiagalli e Regina Elena, Milano

\*\*\*\*\* Università di Milano, Ospedale S. Luca, Istituto Auxologico Italiano, IRCCS, Milano

## KEY WORDS

Teachers; psychosocial risks; psychiatric disorders; burnout

## SUMMARY

**«Are teachers at risk for psychiatric disorders? Stereotypes, physiology and perspectives of a job prevalently done by women».** *Background:* Teachers are one of the so-called helping professions which are strongly exposed to the "Burnout syndrome". Nonetheless, public opinion is still convinced teachers enjoy a privileged status and physicians most often ignore psychiatric disorders following burnout due to teaching-related stress. Indeed, although France recently issued a suicide warning among teachers, and psychiatric diagnosis among this profession almost doubled in Japan in ten years, only few studies have been published on the subject in peer-reviewed journals. **Objective and methods:** The present study was carried out by administering a questionnaire to 1.295 teachers from ten different Italian regions aimed at evaluating teachers' conditions as well as their perception of work-related health risks. **Results and conclusions:** The outcome showed that teachers are mostly unaware of work-related health risks, they are discouraged by their employers, perceive union support as highly insufficient and feel under attack by the mass media as well as by the public. Further, any attempt by the head teacher to protect teacher's health – mandatory according to recent Italian legislation – is frequently misinterpreted as mobbing, due to the lack of appropriate legal knowledge. Interestingly, the study population believed that investigating the link between menopause and depressive disorders among teachers was extremely useful. In fact, over 82% of teachers are women with a median age of approximately 50. Social stress among women has in fact increased greatly given the triple role played by fifty-year old teachers

*(mother of adolescents, care-giver for elderly parents and teacher). Lastly, general practitioners and psychiatrists need to be educated on psychiatric disorders due to teaching-related stress in order to achieve a correct diagnosis and treatment.*