

科技部補助專題研究計畫成果報告 期末報告

在台外籍移工的精神健康與相關因子

計畫類別：個別型計畫
計畫編號：MOST 107-2410-H-038-013-SSS
執行期間：107年08月01日至108年07月31日
執行單位：臺北醫學大學公共衛生學系

計畫主持人：莊坤洋

計畫參與人員：此計畫無其他參與人員

中華民國 108 年 10 月 30 日

中文摘要：外籍移工需要面對有害的工作和生活環境以及當地居民的歧視性偏見，文獻普遍認為遷移有害心理健康，對於心理健康之影響已經得到廣泛地研究以及證實。

最近，只有少數研究針對在台灣東南亞移工的健康狀況，且這些研究皆有樣本數過小、工作多樣性少、派遣國家的多樣性少等相近的研究限制，因此無法針對移工健康形成較為全面的觀點。本研究招募來自台灣的北部、中部、南部以及東部的移工受訪者，透過線上問卷，收集含人口學特徵、健康、憂鬱、生活狀況以及歧視等變項。結果指出，大約有14.9%的外籍移工患有憂鬱症。憂鬱症和身為女性、年紀輕、未婚、沒有小孩、來自台灣北部、無法滿足於生活環境、無法自由進出、較少用網路、較少和鄰居互動、感受到歧視等相關。

中文關鍵詞：移工，心理健康，憂鬱

英文摘要：International migrant workers had to deal with hazardous working and living conditions, and discriminatory prejudice by locals. It has been generally accepted in the literature that migration is harmful for mental health, and the adverse effects on mental health of migration have been widely researched and established. Up to date, there has only been a handful of studies that have focused on health of Southeast Asian migrant workers in Taiwan, and these studies all had a similar limitation of small sample size, with little diversity in the nature of work and sending countries, and thus unable to provide a general overview of migrant's health. Participants were recruited from the northern, central, southern, and eastern part of Taiwan, and were asked to fill out an online questionnaire, which included socio-demographic, health, depression, living situation, and discrimination variables. Results indicated that about 14.9% of migrant workers suffered from depression. Depression was associated with being female, younger age, being unmarried, without children, from northern region in Taiwan, not satisfied with living environment, could not go out freely, less use of internet, low interaction with neighbors, and perceived discrimination.

英文關鍵詞：migrant workers, mental health, depression

Factors associated with depression among migrant workers in Taiwan

1. Introduction

International migrant workers had to deal with hazardous working and living conditions, and discriminatory prejudice by locals. Migrant workers in news media were frequently depicted as uneducated, dishonest, and incapable of maintaining order. All of these factors conflate into a contextual environment that is harsh and unfriendly towards international migrant workers, that places a constant pressure on psychological wellbeing.

It has been generally accepted in the literature that migration is harmful for mental health, and the adverse effects on mental health of migration have been widely researched and established (Pernice, Trlin, Henderson, & North, 2000). Frequency of mental illness among international migrant workers varies widely, but all are subject to structural and situational influences that may demonstrably affect their mental state. One study identified nervous symptoms in migrant workers (England et al., 2007). Another study has indicated that poor psychological wellbeing among Cambodian migrant workers in Thailand (Meyer, Robinson, Chhim, & Bass, 2014). Anxiety and homesickness are frequent problems that easily become chronic when not treated or resolved, and can present serious implications for overall psychosocial well being, including depression and psychosomatic functional disorders such as stress-related ulcers, migraines and disabling back pain (Carballo, Divino, & Zeric, 1998). Incidence of stress related headache and ulcer is high among migrants in Europe (Bischoff, 1995; Carballo et al., 2004; Huismann et al., 1997). Several studies has pointed out that factors and conditions contributing to poor mental health were poor working conditions, poor working relations, communication barriers, loneliness, competition among colleagues, injustices and powerlessness, poor nutrition, insufficient sleep, stressful and unsafe working conditions, and abuse (McLaughlin, 2009; Mysyk et al., 2008). For migrant workers, they often had to accept work that is poorly paid, high-risk and not consistent with their qualifications (Carballo et al., 2004). When it occurs, the feelings of relative deprivation and loss of self-esteem that follow can be very psychologically erosive. On top of all of these stressful situations, they often had to face marginalization and discrimination, which would further augment the stress and loneliness already experienced by temporary international migrant workers.

Up to date, there has only been a handful of studies that have focused on health of Southeast Asian migrant workers in Taiwan, and these studies all had a similar limitation of small sample size, with little diversity in the nature of work and sending countries, and thus unable to provide a general overview of migrant's health. Moreover, the past research mostly focused on use of health services and on physical health. No study has looked into the mental health and psychological wellbeing. In the case of Southeast Asian migrant workers in Taiwan, the process of getting here may require them to pay a large sum of money to manpower agencies, and from the very onset they were financially burdened. Once arrived, they usually have to cope with family separation, social and geographic isolation, and little or no opportunities for recreational activities. The purpose of this report is to assess the prevalence and factors associated with depression among migrant workers in Taiwan.

2. Methods

This research recruited study subjects (Southeast Asian migrant workers) through social media, through websites related to migrant workers, and at fixed locations where migrant workers gathered. For data collection, participants were invited to fill out a web-based questionnaire. To avoid multiple sign-ins, two filters, IP address of the device used to fill out questionnaire, and email address, will be used to prevent a migrant worker submitting multiple copies of questionnaire. Submitted questionnaires with identical IP address or email will be deleted. Data were collected from February 2019 through July 2019.

In this study, depression was assessed with the Center for Epidemiological Studies Depression (CESD) scale. A 10-item version of the scale will be used.. The scale included 10 questions, inquiring how respondents felt in the past week, with responses of “rarely (≤ 1 day)”, “some days (1-2 days)”, “occasionally (3-4 days)”, and “most of the time (5-7 days)”. The questions include: *I was bothered by things that usually don't bother me; I had trouble concentrating in what I was doing; I felt depressed; I felt everything I did was an effort; I felt hopeful about the future; I felt fearful; My sleep was restless; I was happy; I felt lonely; and I could not get going.* Stressor variables included satisfaction with living environment, freedom to go out, time spent on internet, interactions with neighbors, and perceived discrimination. Perceived discrimination was adapted from the Everyday Discrimination Scale (Williams, Yu, Jackson, & Anderson, 1997). Respondents will be asked whether they have been treated by others in the following manner in the past 12 month: treated with less

respect than other people; treated unfairly at restaurants or stores; criticized your accent or the way you speak ; people acted as if they think you are not smart, people acted as if they are afraid of you; people acted as if they think you are dishonest; people acted as if they're better than you are; you been threatened or harassed. Demographic variables included age, gender, educational level, marital status, having children, region of Taiwan of work. Frequency tables will be constructed to present health profile of temporary international migrant workers. Bi-variate analysis will be conducted to test for differences between two groups

3. Results

In total 1038 migrant workers responded to the survey. Table 1 shows the basic characteristics of the respondents. Among them, 14.9% were categorized as depressed. Among all the participants, 52.9% were females, 43.4% were between the age of 25 and 35, and 65.5% were married. As high as 21.5% were not satisfied with living environment, and as high as 35.3% were not allowed to go out freely. About 20% of participants experienced some kind of discrimination.

Table 2 showed the results of bivariate analysis. Results indicated that depression was associated with being female, younger age, being unmarried, without children, from northern region in Taiwan, not satisfied with living environment, could not go out freely, less use of internet, low interaction with neighbors, and perceived discrimination.

4. Discussion

The prevalence of depression among migrant workers was quite high in Taiwan. Females were more likely to exhibit signs of depression. Some possible reasons could be the nature of their work, mainly domestic caregivers. Being a domestic caregiver implied that they have to live with their employers, and perhaps has little freedom. Migrant workers in the northern region had the highest prevalence of depression, almost twice as high as the other regions. It is not clear why living in the northern regions would have a higher prevalence of depression. More research is needed to clarify if such relationship remains after controlling for other variables. More internet time and more interaction with neighbors were associated with less likelihood of depression. Consistent with previous research, and more social interaction may alleviate depression

symptoms among migrants. Discrimination seemed to be very strongly associated with depression. Among those experience moderate or high level of discrimination, as high as 67% of them showed signs of depression symptoms.

Table 1 Frequency distribution of characteristics among migrant workers*

| Variable | Frequency (n) | Percent (%) |
|---------------------------------------|---------------|-------------|
| A.1 Gender | | |
| Male | 476 | 45.9 |
| Female | 549 | 52.9 |
| A.2 Age | | |
| ≤ 24 years | 124 | 11.9 |
| 25 - 34 years | 451 | 43.4 |
| ≥35 years | 457 | 44 |
| A.3 Education Level | | |
| Junior High School or less | 112 | 10.8 |
| Senior High School and above | 922 | 88.8 |
| A.4 Marital Status | | |
| Not Married | 358 | 34.5 |
| Married | 680 | 65.5 |
| A.5 Having Children | | |
| Yes | 796 | 76.7 |
| No | 232 | 22.4 |
| A.10 Regions | | |
| Northern | 309 | 29.8 |
| Central | 299 | 28.9 |
| Southern | 307 | 29.6 |
| Eastern | 121 | 11.7 |
| C.1 Satisfied with living environment | | |
| Satisfied | 744 | 71.7 |
| Unsatisfied | 223 | 21.5 |
| C.3 Allowed to go out | | |
| Yes | 666 | 64.2 |
| No | 366 | 35.3 |
| D.1 Spend on internet | | |
| Less than 1 hour | 30 | 2.9 |
| 1 hour - 2 hours | 98 | 9.4 |
| 2 hours - 5 hours | 613 | 59.1 |
| More than 5 hours | 297 | 28.6 |
| D.3 Speaking with neighbours | | |
| On most days | 715 | 68.9 |
| Once or twice a week | 249 | 24 |
| Less often than once or twice a month | 74 | 7.1 |
| F. Depression | | |
| No depressed | 883 | 85.1 |
| Depressed | 155 | 14.9 |
| G. Perceived Discrimination | | |

| | | |
|---------------------------------|-----|------|
| Low discrimination | 826 | 79.6 |
| Moderate or high discrimination | 212 | 20.4 |

*Some variable has missing values, and the total number of participants may not add up to 1038.

Table 2 Comparisons of characteristics between those depressed and not depressed.

| Variables | Not-depressed | | Depressed | | p |
|---------------------------------------|---------------|------|-----------|------|-------|
| | n | % | n | % | |
| A.1 Gender | | | | | 0.000 |
| Male | 451 | 94.7 | 25 | 5.3 | |
| Female | 420 | 76.5 | 129 | 23.5 | |
| A.2 Age | | | | | 0.000 |
| ≤ 24 years | 73 | 58.9 | 51 | 41.1 | |
| 25 - 34 years | 365 | 80.9 | 86 | 19.1 | |
| ≥35 - 39 years | 439 | 96.1 | 18 | 3.9 | |
| A.3 Education Level | | | | | 0.929 |
| Junior High School or less | 95 | 84.8 | 17 | 15.2 | |
| Senior High School and above | 785 | 85.1 | 137 | 14.9 | |
| A.4 Marital Status | | | | | 0.000 |
| Not Married | 263 | 73.5 | 95 | 26.5 | |
| Married | 620 | 91.2 | 60 | 8.8 | |
| A.5 Having Children | | | | | 0.000 |
| Yes | 716 | 89.9 | 80 | 10.1 | |
| No | 158 | 68.1 | 74 | 31.9 | |
| A.10 Regions | | | | | 0.000 |
| Northern | 235 | 76.1 | 74 | 23.9 | |
| Central | 261 | 87.3 | 38 | 12.7 | |
| Southern | 273 | 88.9 | 34 | 11.1 | |
| Eastern | 112 | 31 | 9 | 7.4 | |
| C.1 Satisfied with living environment | | | | | 0.000 |
| Satisfied | 700 | 94.1 | 44 | 5.9 | |
| Unsatisfied | 114 | 51.1 | 109 | 28.8 | |
| C.3 Allowed to go out | | | | | 0.000 |
| Yes | 633 | 95 | 33 | 5 | |
| No | 245 | 66.9 | 121 | 33.1 | |
| D.1 Spend on internet | | | | | 0.000 |
| Less than 1 hour | 4 | 13.3 | 26 | 86.7 | |
| 1 hour - 2 hours | 27 | 27.6 | 71 | 72.4 | |
| 2 hours - 5 hours | 561 | 91.5 | 52 | 8.5 | |
| More than 5 hours | 291 | 98 | 6 | 2 | |
| D.3 Speaking with neighbours | | | | | 0.000 |
| On most days | 690 | 96.5 | 25 | 3.5 | |
| Once or twice a week | 182 | 73.1 | 67 | 26.9 | |
| Less often than once or twice a month | 11 | 14.9 | 63 | 85.1 | |
| G. Perceived Discrimination | | | | | 0.000 |
| Low discrimination | 814 | 98.5 | 12 | 1.5 | |
| Moderate or high discrimination | 69 | 32.5 | 143 | 67.5 | |

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107年度專題研究計畫成果彙整表

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|-----------------------|----------|-----------|-----------------------------|-----|---|---|
| 計畫主持人：莊坤洋 | | | 計畫編號：107-2410-H-038-013-SSS | | | |
| 計畫名稱：在台外籍移工的精神健康與相關因子 | | | | | | |
| 成果項目 | | | 量化 | 單位 | 質化 (說明：各成果項目請附佐證資料或細項說明，如期刊名稱、年份、卷期、起訖頁數、證號...等) | |
| 國內 | 學術性論文 | 期刊論文 | | 0 | 篇 | |
| | | 研討會論文 | | 0 | | |
| | | 專書 | | 0 | 本 | |
| | | 專書論文 | | 0 | 章 | |
| | | 技術報告 | | 0 | 篇 | |
| | | 其他 | | 0 | 篇 | |
| | 智慧財產權及成果 | 專利權 | 發明專利 | 申請中 | 0 | 件 |
| | | | | 已獲得 | 0 | |
| | | | 新型/設計專利 | | 0 | |
| | | 商標權 | | 0 | | |
| | | 營業秘密 | | 0 | | |
| | | 積體電路電路布局權 | | 0 | | |
| | | 著作權 | | 0 | | |
| | | 品種權 | | 0 | | |
| | | 其他 | | 0 | | |
| | 技術移轉 | 件數 | | 0 | 件 | |
| | | 收入 | | 0 | 千元 | |
| | 國外 | 學術性論文 | 期刊論文 | | 0 | 篇 |
| | | | 研討會論文 | | 0 | |
| | | | 專書 | | 0 | 本 |
| | | | 專書論文 | | 0 | 章 |
| 技術報告 | | | 0 | 篇 | | |
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| 智慧財產權及成果 | | 專利權 | 發明專利 | 申請中 | 0 | 件 |
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| | 技術移轉 | 件數 | 0 | 件 | |
| | | 收入 | 0 | 千元 | |
| 參與計畫人力 | 本國籍 | 大專生 | 0 | 人次 | |
| | | 碩士生 | 0 | | |
| | | 博士生 | 0 | | |
| | | 博士級研究人員 | 0 | | |
| | | 專任人員 | 0 | | |
| | 非本國籍 | 大專生 | 0 | | |
| | | 碩士生 | 0 | | |
| | | 博士生 | 0 | | 博士生協助收案與整理資料 |
| | | 博士級研究人員 | 0 | | |
| | | 專任人員 | 0 | | |
| 其他成果 (無法以量化表達之成果如辦理學術活動、獲得獎項、重要國際合作、研究成果國際影響力及其他協助產業技術發展之具體效益事項等，請以文字敘述填列。) | | | | | |

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請就研究內容與原計畫相符程度、達成預期目標情況、研究成果之學術或應用價值（簡要敘述成果所代表之意義、價值、影響或進一步發展之可能性）、是否適合在學術期刊發表或申請專利、主要發現（簡要敘述成果是否具有政策應用參考價值及具影響公共利益之重大發現）或其他有關價值等，作一綜合評估。

1. 請就研究內容與原計畫相符程度、達成預期目標情況作一綜合評估

達成目標

未達成目標（請說明，以100字為限）

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說明：

2. 研究成果在學術期刊發表或申請專利等情形（請於其他欄註明專利及技轉之證號、合約、申請及洽談等詳細資訊）

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It provides a preliminary analysis of mental health among migrant workers in Taiwan. Most previous studies were small in sample size and little geographical variations. This research has provided a large sample size and from north, central, south, and east regions in Taiwan. Moreover, it has identified several policy interventions that could help reduce depression among migrant workers.

4. 主要發現

本研究具有政策應用參考價值： 否 是，建議提供機關衛生福利部，勞動部，

（勾選「是」者，請列舉建議可提供施政參考之業務主管機關）

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說明：（以150字為限）