# MENTAL HEALTH AND WELL-BEING IN FARMERS OF PORTUGAL

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**Abstract -**
**Background**: Farmers are one of the occupational groups with significant risk of mental health vulnerability, with prevalence of psychiatric morbidity as a result of global, national, regional, community and local factors.
Purpose: To identify the sociodemographic variables that interfere with farmers' mental health; To investigate how the labor context variables interfere with farmers' mental health; To analyze how agricultural cultural practices relate to farmers' mental health.
**Methodology**: Quantitative study, with cross-sectional, analytical-correlational descriptive. Data collected from 155 farmers in the North and Center of Mainland Portugal, mostly male (52.9%), with a mean age of 53.41 years (± 14.04 years). The research protocol contains a questionnaire characterizing sociodemographic, occupational, health and issues related to agricultural cultural practices and the Canadian Community Health Survey - Mental - CCHS-MH 2012 (Adapted by Chaves, Sequeira, Duarte, &Dionísio).
**Results**: The sociodemographic variables with statistical relevance are the gender and the household constitution. Women and farmers with 3-element households reveal better mental health. The labor context variables that interfere with mental health having agricultural training, have been always been a farmer, not having or had another profession, the number of people consuming farm products, being or not self-employed with or without employees. Farmers without agricultural training show better mental health; those who have always been farmers; those who do not have / had any other occupation besides farmers; those who are self-employed and have no employees and those who own ≤ 3 consumers of the products of their holding. The contextual variables for agricultural cultural practices with statistical relevance were the opinion on pesticides and analyzes of pesticide residues. Farmers who consider essential and even toxic pesticides, those who do not test for pesticide residues, and those who treat garbage as common waste have more overall mental health.
**Conclusions**: Participants in the mental health continuum have higher rates of social well-being and less in emotional well-being, suggesting a mental health literacy policy encompassing a whole set of laws, programs, funding, which are within reach of all farmers.

**Keywords -** Farmers; Mental health; Well Being.