# **Special Issue**

# Evidence-Based Effects of Irregular Working Hours on Physical and Mental Health

# Message from the Guest Editors

Today's 24/7 society means that many individuals now work night shifts or have irregular working hours. At the European level, around 20% of employees work in shifts. Night shifts or irregular working hour arrangements are required in many occupations—e.g., in commerce and hospitality, including the retail sector, where 50% of employees are women. The same is also true for the health and social care sector, which has irregular working hour systems. Since night work is a known risk factor for increased fatigue and chronic diseases, circadian dysrhythmia, and disturbed sleep due to the characteristics of shift work (e.g., the length and timing of shifts) and psychosocial or behavioural mechanisms, irregular working hours should be investigated in terms of their evidence-based effects on physical and mental health. This Special Issue calls for research on the working hour characteristics of the irregular working hours in the health and social care sector, as well as in other occupational areas such as the retail sector. Keywords: irregular working hours; shift work; working time; occupational sector; wellbeing; health

# **Guest Editors**

Prof. Annina Ropponen

Prof. Dr. Anette Harris

Dr. Kati Karhula

## Deadline for manuscript submissions

closed (30 September 2022)



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Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Prof. Dr. Paul R. Ward

Centre for Public Health, Equity and Human Flourishing, Torrens University Australia, Adelaide 5000, Australia

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