

status than the non-employed. Yet, aging decreases this positive effect of retirement. Analyses also showed that spousal loss before age 65 was significantly associated with higher levels of psychological distress and the magnitude of this relationship increased with age for older adults ($p < 0.05$).

Discussions: Our findings suggest a positive, but not necessarily causal association of retirement with global evaluation of health as well as a negative, but possibly longitudinal association of spousal loss before age 65 with mental health decline. Programmatic strategies aimed at promoting health of older populations could particularly benefit from considering life transition.

FP-209

Unemployment and Psychological Distress

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In Japan, unemployment rate has increased (5.0% in 2009). Unemployment might affect mental health among Japanese, as it has been associated with increased suicide rate in Japan. The study objectives are: to 1) compare psychological distress among the unemployed and the employed, and 2) investigate factors associated with psychological distress among the unemployed, based on a national representative study in Japan. A large cross-sectional survey was conducted in 2007 of households and their members in unit areas randomly selected nationwide in Japan, with self-administered and interview questionnaires. Data of 19,006 respondents aged 18-64 were analyzed. Unemployment was defined twofold: those who did not have a job ($n=1612$) and who looked for a job ($n=597$). Psychological distress was measured by K6 scale with a cut-off score of 5+. We compared the prevalence of psychological distress between the employed and the unemployed, adjusting for age, marital status, household income, chronic physical condition and treatment for mental illness for men and women separately; we conducted multivariate logistic regressions of psychological distress on these covariates among the unemployed. For men and women, for both definitions of unemployment, the unemployed had significantly greater risk of psychological distress than the employed, after adjusting for the covariates. Low household income and treatment of mental illness explained some variance of psychological distress among the unemployed. Conclusions Unemployment was associated with greater psychological distress in Japan, independent of income and medical conditions. Acknowledgements Thank you to Akihiro Nishi, Masao Tsuchiya and Akiomi Inoue.

FP-210

Prevalence of Back Pain and Pain-Related Health Disparities in Hawaii

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Back pain has been recognized as having a major impact on personal well-being and health care costs, but reliable current data on back pain prevalence and disparities are scarce. This study evaluates the rate of back pain and its relationship to socio-demographic variables in representative sample for the State of Hawaii. In a random digit dial telephone survey ($n = 1,573$), 48.9% of the participants reported having experienced back pain at some point in their lives. Of those, 50.9% reported back pain in the previous 3 months with an average of 35 pain days ($SD=37.5$) and a mean perceived pain intensity of 4.6 ($SD=2.1$) on a scale from 0-10. While the mean number of self-reported sick days due to back pain in the previous 3 months was 2.0 ($SD=11.1$), participants reported that pain interfered with their activities of daily living (ADL) on a mean of 6.7 days ($SD=20.7$). Among the socio-demographic variables, pain was most closely related to ethnicity. While participants who self-identified as Chinese reported the highest number of days with pain, they also reported the lowest mean pain intensity. Native Hawaiians reported the highest pain intensity and the highest interference of pain with their ADL. The results of this study indicate that back pain is a highly prevalent and under-recognized phenomenon in Hawaii. More research is needed to evaluate its impact on quality of life, potential health disparities, and implications for prevention and treatment.

FP-211

Reliability and Validity of the Malay Version of Inventory of Socially Supportive Behavior (ISSB): A Study among Malaysian Women Diagnosed with Breast Cancer

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Background and objectives: This paper assessed the validity and reliability of the Malay Version of Inventory of Socially Supportive Behavior (ISSB).

Method: Sixty eight newly diagnosed local women were recruited from the university hospital and general hospital located in Kuala Lumpur. Patients were interviewed on a one-to-one basis.

Results: Mean age was 48.29 ($sd=8.85$) years old. Most of the women were diagnosed with stage two of breast cancer (56.9%, $n=91$) and were of Malay ethnicity.

Test-retest evaluation was carried out at two phases which are at three weeks and ten weeks following surgery. Excellent internal consistency was confirmed with cronbach's alpha at 0.96. This version indicated small sensitivity to change with Effect Size Index (ESI) at 0.18 and low Intraclass Correlation Coefficients at 0.03. However, for the discriminant validity, no significant difference was observed between mastectomy and lumpectomy group.