

# Well-being at work: A cross-sectional study on the portuguese nutritionists

- Akutsu R.C.<sup>a</sup>,
- Rocha A.<sup>b</sup>,
- Viana V.<sup>b</sup>,
- Akutsu L.<sup>c</sup>,
- Silva I.C.<sup>d</sup>,
- Botelho R.B.A.<sup>a</sup>,
- Han H.<sup>e</sup>,
- Raposo A.<sup>f</sup>,
- Ariza-Montes A.<sup>g, h</sup>,
- Araya-Castillo L.<sup>i</sup>,
- Zandonadi R.P.<sup>a</sup>

## Abstract

This exploratory, nationwide cross-sectional study was performed to investigate the well-being of Portuguese nutritionists, in addition to outlining their professional and demographic profile. Descriptive analyses were carried out to determine the measures relating to centralising tendency and dispersion of the sample. We compared means and proportions through t-tests and Analysis of Variance (ANOVA). The sample size was 206 individuals, respecting a minimum of eight respondents per item to validate the instrument. We recruited Nutritionists from Portugal nationwide using the list of electronic mail provided by the Order of Nutritionists. We sent an electronic mail to all the Nutritionists registered in this Order. We also used messaging applications and social networks (Instagram, Facebook) to reach Nutritionists who were not accessing electronic mail. Most respondents are women (92.5%), young (mean age =  $31.4 \pm 8.07$  years; 54.2% of participants aging under 30 years), single, and with no children. More than half are Catholic (73.8%) and have less than ten years of nutritionist undergraduate completion (55.4%). The only variable that influences well-being at work is the economic variable Household Monthly Income. Those who earn less than € 500.00 per month perceive themselves at a lesser state of work well-being than those who earn from € 2501.00 to € 5000.00 per month. © 2021 by the authors. Licensee MDPI, Basel, Switzerland.

## Author keywords

Demographic profile; Nutritionists; Portuguese nutritionists; Well-being at work