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**Title:**

**Occupational factors associated with low back pain among Bangladeshi online professionals**

**Background :** Low back pain (LBP) is a common chronic condition among many occupations, including sedentary workers, that causes long-term productivity loss. Our study aimed to identify the relationships between occupational factors and LBP among Bangladeshi online professionals.

**Methods:** This wasa cross-sectional study that included 468 full-time online professionals who used to work in a sitting position. The musculoskeletal subscale of subjective health complaints was used to measure one-month LBP complaints. A chi-square test measured associations between categorical predictors and LBP, and multivariable logistic regression analysis was conducted to confirm the variables significantly associated with LBP.

**Results:** LBP within the last month was reported by 65.6% of participants. Multivariable logistic regression analysis indicated that age >30 years [aOR, 95% confidence interval = 0.40 (0.23 - 0.70)] and being married [aOR, 95% CI = 0.59 (0.36 - 0.97)] had significant negative associations with LBP. Significant positive associations were found for spending >50 hours per week on average working in a sitting position [aOR, 95% CI = 1.61 (1.05 - 2.49)], being overweight and obese [aOR, 95% CI = 1.87 (1.16 - 2.99), sleeping on a soft mattress (aOR, 2.01; 95% CI, 1.06 to 3.80), and history of smoking (aOR, 3.33; 95% CI, 1.41 to 7.87).

**Conclusions:** LBP among full-time online professionals was found to be very high. Long working hours in a sitting position, history of smoking, higher body mass index, and sleeping position should also be considered while considering solutions for LBP prevalence among online professionals.