

**Department of Clinical Neuroscience**  
Division of Insurance Medicine**Sustainable working life: early determinants and later predictors – a longitudinal twin study (SustWork)**

Sustainable working life is in this project defined as the absence of labor market non-participation due to unemployment, rehabilitation, sickness absence (SA), or disability pension (DP). Labor market non-participation may cause adverse effects for individuals, their families, and the society, but may also be associated with negative relational, financial, and psychological factors. Risk factors for labor market non-participations in terms of SA and DP have been widely studied, but sustainable working life far less.

This project utilize data from the Swedish Twin project Of Disability pension and Sickness absence (STODS) which is an extensive population-based data source of about 160 000 twin individuals with follow-up of comprehensive surveys and national registries. Similar data from Finland is available and will be used in comparative sub studies.

Aims are to investigate the associations between early life factors and sustainable working life and to study genetic and environmental influences on the causes of individual variation in liability to sustainable working life using twin design. With such design we will explore if the variation in sustainable working life is due to genetics, environmental factors shared by twins or environmental factors unique to each twin. In addition, we will explore societal variation by comparing Sweden and Finland.

Results may influence policy level recommendations for the promotion of sustainable working life to better maintain work capacity, provide guidance for promotion of health, wellbeing, and participation in the labor market for the general public, occupational health care, and employers, and to increase knowledge on factors for sustainable working life.

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*We also collaborate with a group of researchers in Finland.*

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## Publications

Wang M, Svedberg P, Narusyte J, Ropponen A. Changes in family situation and concurrent changes in working life: a 15-year longitudinal analysis. *Fam Med Community Health*. 2024 Apr 4;12(2):e002438. doi: 10.1136/fmch-2023-002438.

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