



**Department of Clinical
Neurosciences**
Division of Insurance Medicine

Mental ill-health during emerging adulthood and future sickness absence among young employees in the private sector

The overall aim of this research project is to investigate the associations between mental health problems in emerging adulthood and future sickness absence among young adults working in the private sector.

A large amount of studies has previously reported associations between sociodemographic, socioeconomic, health- and work-related factors and future sickness absence or disability pension. However, little is known regarding the associations between mental health problems and disorders in adolescence and emerging adulthood, and future work incapacity among young adults employed in the private sector.

The study is based on data from STODS (Swedish Twin project Of Disability pension and Sickness absence) and includes extensive survey and national register data on approximately 12 000 twins born 1959-1986 in Sweden. Survey data were used to identify mental health problems during late adolescence, whereas information on sickness absence was retrieved through linkage with national registries until 2020.

Knowledge gained in this project can assist in development of individual-based intervention strategies with a purpose to adapt work environments to individuals with common mental health complaints.

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Project group:

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Peer-reviewed scientific articles:

1. Alaie, I., Ropponen A, Svedberg P, Narusyte J. Trajectories of sickness absence and disability pension in young working-age adults: The role of demographic, occupational, and mental health-related factors. *Submitted manuscript*.
2. Narusyte J, Alaie I, Ropponen A, Wang M, Svedberg P. Young adults with a history of depression and/or anxiety: the role of sociodemographic and health-related factors for remaining in paid work. *Submitted manuscript*.
3. Alaie, I., Svedberg P, Ropponen A, Narusyte J. Longitudinal trajectories of sickness absence among young adults with a history of depression and anxiety symptoms in Sweden. *J Affect Disord.* 2023 Oct 15;339:271-279. doi: 10.1016/j.jad.2023.07.014.
4. Alaie, I., Svedberg P, Ropponen A, Narusyte J. Associations of Internalizing and Externalizing Problems in Childhood and Adolescence with Adult Labor Market Marginalization. *JAMA Network Open.* 2023 Jun 1;6(6): e2317905. doi: 10.1001/jamanetworkopen.2023.17905.
5. Narusyte J, Ropponen A., Wang M., Svedberg P. Sickness absence among young employees in private and public sectors with a history of depression and anxiety, *Sci Rep.* 2022 Nov 4;12(1):18695. doi: 10.1038/s41598-022-21892-z.

Conference abstracts

1. Alaie I, Ropponen A, Svedberg P, Narusyte J. Associations of persistent mental health problems across childhood and adolescence with adverse working life outcomes: the role of familial confounding. European Union of Medicine in Assurance and Social Security (EUMASS) 2023, Strasbourg, France.
2. Narusyte J, Alaie I, Ropponen A, Svedberg P. Young employees with previous mental health problems in the private sector: does part-time sickness absence help to remain on the labor market? EUMASS 2023, Strasbourg, France.
3. Narusyte J, Ropponen A, Wang M, Svedberg P. Unga vuxna med anställning i den privata eller offentliga sektorn: sjukfrånvaroförekomst bland dem med tidigare psykisk ohälsa. Forum för arbetslivsforskning (FALF) 2023, Helsingborg.
4. Narusyte J, Alaie I, Ropponen A, Svedberg P. Having mental health problems but not being sickness absent: what factors are of importance for employees in the private sector? European Public Health (EPH) Conference 2022, Berlin, Germany.
5. Alaie I, Ropponen A, Svedberg P, Narusyte J. Trajectories of sickness absence among young people with prior depressive/anxiety symptoms. EPH Conference 2022, Berlin.
6. Alaie I, Svedberg P, Ropponen A, Narusyte J. Trajectories of sickness absence among young people with and without mental health problems in early adulthood: A longitudinal cohort study. European Psychiatric Association (EPA) Section in Epidemiology & Social Psychiatry 2022, Cambridge, UK.
7. Narusyte J, Ropponen A, Wang M, Svedberg P. Sickness absence Among young adults employed in the private sector. EUMASS 2021 (Online).