



**Department of Clinical Neuroscience**  
Division of Insurance Medicine

**Mental health during emerging adulthood and sickness absence among employees in private and public sectors**

A large amount of studies have 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 young adulthood, and future work incapacity in regard to occupational sector. Sickness absence levels among employees working in the public sector tend to exceed those working in the private sector. Despite the intensive research on the factors potentially contributing to this gap, experiencing mental health problems in young years has been studied very little so far.

The overall aim of this research project is to investigate the associations between mental health problems in emerging adulthood and future sickness absence among those working in public and private sectors. The study is based on data from STODS (Swedish Twin project Of Disability pension and Sickness absence) which includes extensive questionnaire and national register data on approximately 120 000 twins.

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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