

Department of Clinical Neuroscience
Division of insurance medicine

Stress-related sickness absence: the importance of total workload and part time work and the effect on stress hormones

Stress-related ill-health has increased markedly during the last years, particularly in young women. In general, there is a lack of research about risk factors for stress-related sickness absence, specifically as regards differences between men and women. One reason for these sex differences has been attributed to women reporting higher total workload than men and more conflict between work and family life. The aim of the present project is to study the associations between total workload, part time work, life style, biomarkers for stress and stress related sickness absence.

One part of the project is based on a twin cohort and another part on a cohort of working women. By combining register data, twin data and biological markers with self reported data, the project is expected to contribute with valuable and unique knowledge of risk factors for stress related sickness absence as well as knowledge in reasons for women being overrepresented in this kind of sickness absence.

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Projektdeltagare

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Publications

- 1) Mather L, Bergström G, Blom V, Svedberg P. High job demands, job strain and iso-strain are risk factors for sick leave due to mental disorders: a prospective Swedish twin study with a five-year follow-up. *J Occup Environ Med.* 2015 Aug;57(8):858-65. PMID: 26247639. <https://www.ncbi.nlm.nih.gov/pubmed/26247639>
- 2) Svedberg P, Mather L, Bergström G, Lindfors P, Blom V. Work-home interference, perceived total workload and the risk of future sickness absence due to stress-related mental diagnoses among women and men: a prospective twin study. *International Journal of Behavioral Medicine.* 2018;25(1):103-111. doi: 10.1007/s12529-017-9669-9. PMID: 28639237. <https://www.ncbi.nlm.nih.gov/pubmed/28639237>
- 3) Blom V, Svedberg P, Bergström G, Mather L, Lindfors P. Stress in paid and unpaid work as related to aggregate cortisol measures and subjective health complaints in women working in the public health care sector. *International Journal of Workplace Health Management.* 2017;10(4):286-299. PMID missing. <https://doi.org/10.1108/IJWHM-12-2016-0086>

- 4) Svedberg P, Mather L, Bergström G, Lindfors P, Blom V. Time pressure and sleep problems due to thoughts about work as risk factors for future sickness absence. *International Archives Occupational Environmental Health*. 2018 Aug 20. doi: 10.1007/s00420-018-1349-9. [Epub ahead of print]. PMID: 30128755. <https://www.ncbi.nlm.nih.gov/pubmed/30128755>
- 5) Helgadóttir B, Svedberg P, Mather L, Lindfors P, Bergström G, Blom V. The association between part-time and temporary employment and sickness absence: a prospective Swedish twin study. *Eur J Public Health*. 2018 Aug 2; doi: 10.1093/eurpub/cky145. [Epub ahead of print].
- 6) Lindfors, P., Svedberg, P., Blom, V. (manuscript in progress). Total workload as related to psychological wellbeing among highly educated women and men 2006 and 2012.

Congress presentations/Abstracts

- 1) Blom, V., Sverke, M., Bodin, L., Bergström, G., Lindfors, P. & Svedberg, P. (2014). Work-home interference and burnout in Swedish women and men: The importance of genetics and family environment. Paper presented at EAWOP, 20-22th of May 2014, Oslo, Norway.
- 2) Svedberg P, Mather L, Bergström G, Lindfors P, Blom V. (2016). A twin study of work-home interference and the risk of future sickness absence with mental diagnoses. European Public Health (EPH) Conference, Vienna, Austria, 10-12 November, 2016.
- 3) Mather L, Bergström G, Blom V & Svedberg P. (2016). Work environment, health behaviors and sick leave due to mental disorders: a prospective twin study. EUMASS: The European Union for Medicine in Assurance and Social Security Congress, Ljubljana, Slovenia, 9-11 June 2016.
- 4) Lindfors, P., Svedberg, P., Bergstrom, G., Mather, L., & Blom, V. (2017). Stress in paid and unpaid work as related to salivary cortisol measures and subjective health complaints in women working in the public sector. Oral presentation. European Association of Work and Organizational Psychology, Dublin, Ireland, May 17-20 2017.
- 5) Svedberg P, Mather L, Bergström G, Lindfors P, Blom V. (2017). Time pressure and sleep problems due to thoughts about work as risk factors for future sickness absence. European Public Health (EPH) Conference, Stockholm, Sweden, November, 2017.
- 6) Helgadóttir, B., Svedberg, P., Lindfors, P., Bergstrom, G., Mather, L., & Blom, V. (2018). Type of employment and sickness absence: a prospective Swedish twin study. EUMASS: The European Union for Medicine in Assurance and Social Security Congress, Maastricht, the Netherlands, October 4-6 2018.