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
Victoria Blom, PhD, associate professor, principal investigator/project leader
Pia Svedberg, PhD, associate professor
Petra Lindfors, professor, Stockholm University
Gunnar Bergström, PhD, associate professor, Institute of Environmental Medicine
Lisa Mather, PhD-student
Björg Helgadottir, postdoc

Publications
Congress presentations/Abstracts


