

Depressive symptoms as risk factor for work disability

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Background

- Increasing realization that mental health problems are rising
 - symptoms
 - consequences
- Limitations in different domains of life



Aim

- To examine the impact of depressive symptoms on work disability in the general working population during 6.5 years of follow-up
- ➔ Prevention of work disability & exclusion from the labor market

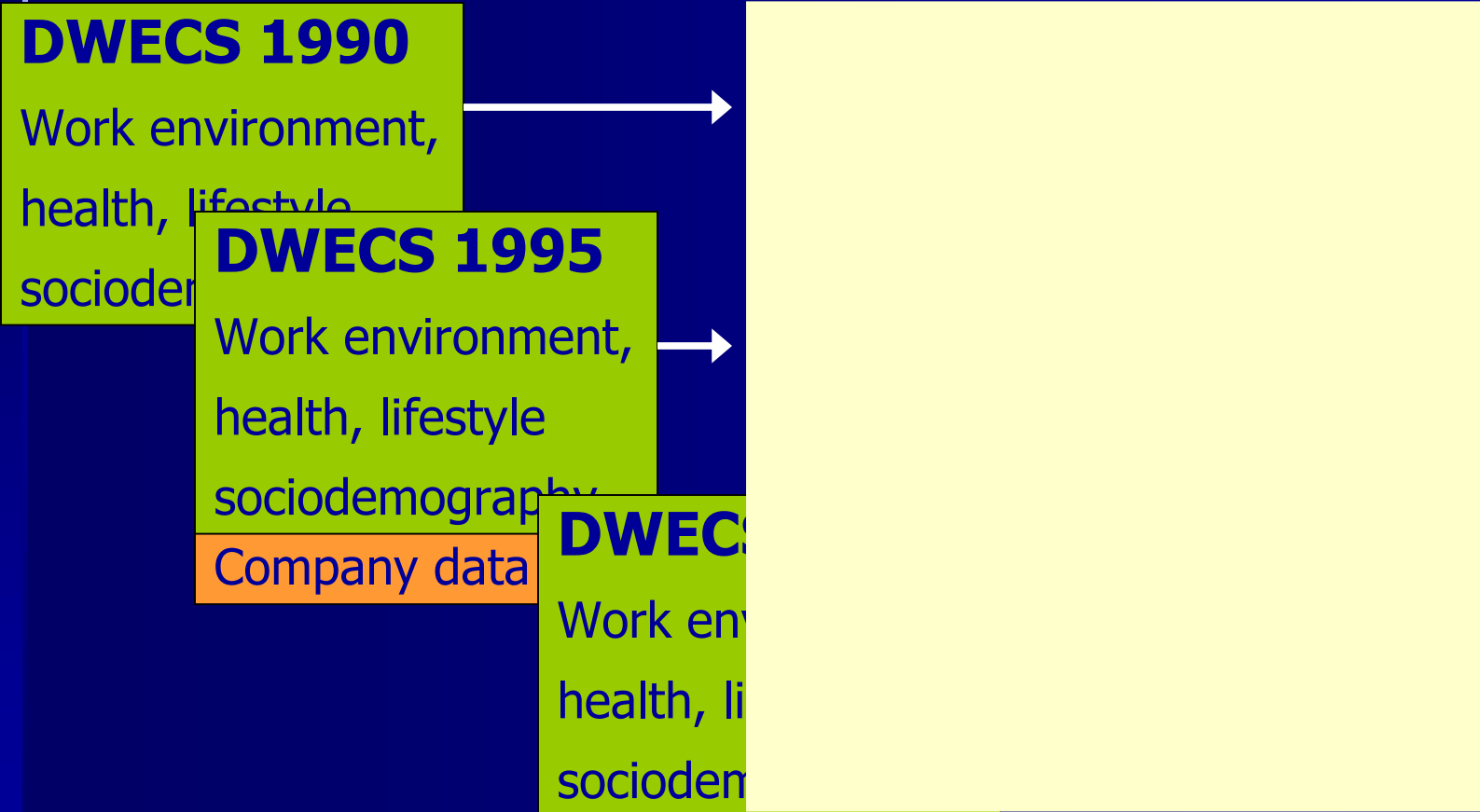
DWECS

- **Danish Work Environment Cohort Study**
Burr et al.,2003
- In 1990, a random sample of 9653 Danish residents was drawn from the Central Population Register
- Interviewed by phone on a broad range of work and health aspects
- Contacted again and supplemented with participants in 1995, 2000, and 2005

The DREAM register

- "Register-based evaluation of marginalization"
- Ministry of Employment, Ministry of Social Affairs, and Ministry of Education
- National register on social transfer payments
 - sick leave compensation, disability pension, early retirement pension, unemployment benefits etc.
 - for all residents in Denmark on a weekly basis

Merging DWECS & DREAM



Work disability - design

- DW ECS representative cross section in 1995
 - Study sample: 2567 female & 2794 male employees
 - Depressive symptoms: MHI-5 (SF-36)
- DREAM
 - Outcome: Granted work disability pension
 - Follow-up: 6.5 years (Jan 1, 1996-June 30, 2002)
- Analyses: Cox proportional hazard modeling with stepwise adjustment for covariates

Design

Measurement of depressive symptoms in DWECS

Work disability pension

Work disability pension

Work disability pension

Work disability pension

1995

6,5 years of follow-up in DREAM

Results

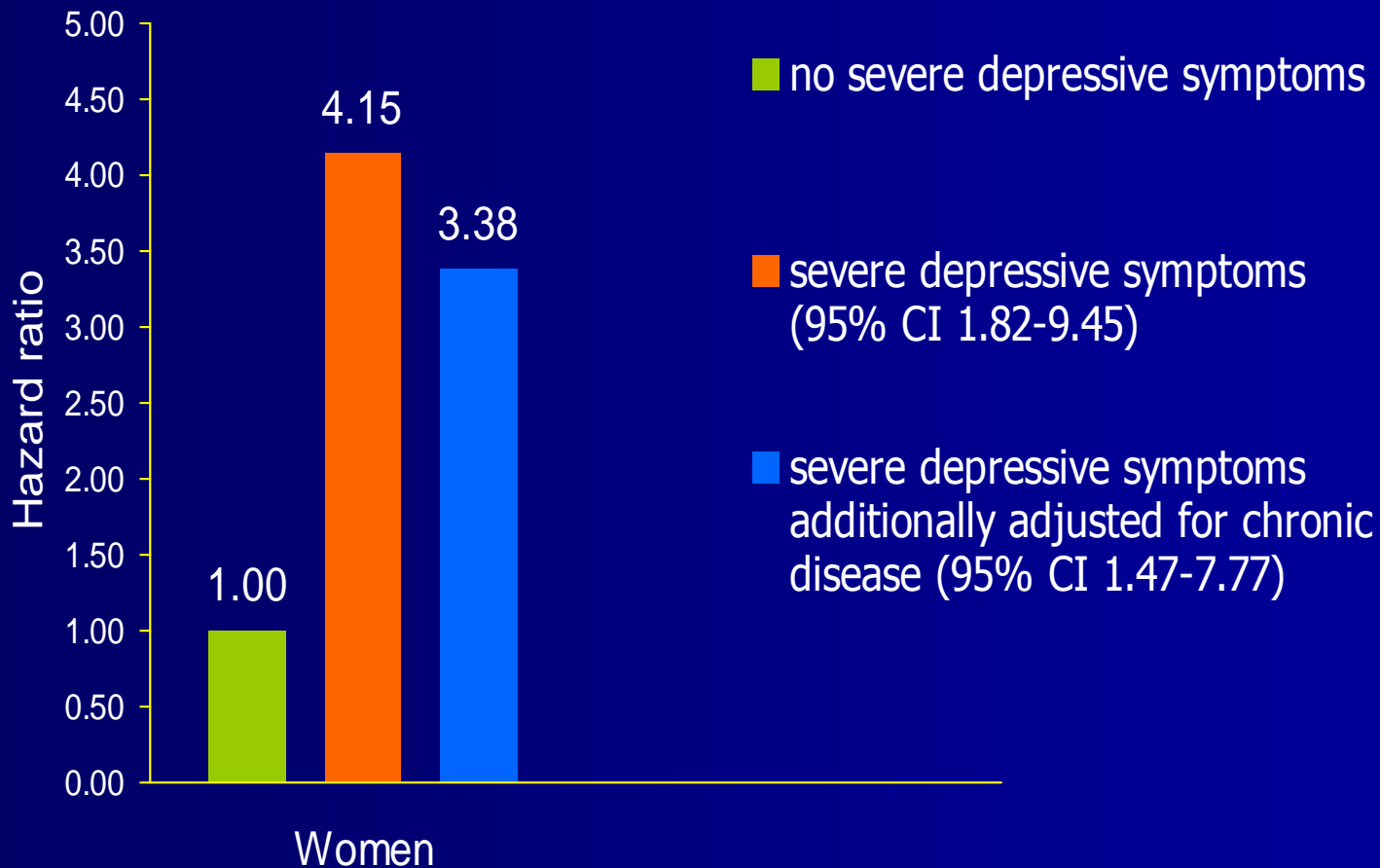
- Cumulative 6.5 year incidence for a granted work disability pension: 1.3 % (N=71)
- HR for depressive symptoms (per SD increase):
 - HR 1.42 (95% CI 1.19-1.68) in women
 - HR 1.26 (95% CI 0.88-1.80) in men

Adjusted for age, cohabitation, children at home, SES, and retirement of spouse

- HR 1.27 (95% CI 1.06-1.53) in women
- HR 1.15 (95% CI 0.78-1.68) in men

Additionally adjusted for health behavior and chronic disease

Results



Adjusted for age, cohabitation, children at home, SES, retirement of spouse, and health behavior

Conclusion

- Support for predictive effect of depressive symptoms on work disability - in women
- Women reporting *severe* depressive symptoms are at increased risk for work disability
 - ➔ Relevant topic calling for preventive action!
 - ➔ Explore the pathway from depressive symptoms to work disability