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Might goal-focused group-based intervention within the Norwegian Welfare Organisation improve return to work?

«Better –Together» an evaluation of RCT comparing group based intervention to physical training opportunities.

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EUMASS ABSTRACTS 2018





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(to be completed by scientific/organising committee members)

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DISCLOSURE

I have no potential conflict of interest to report



Background

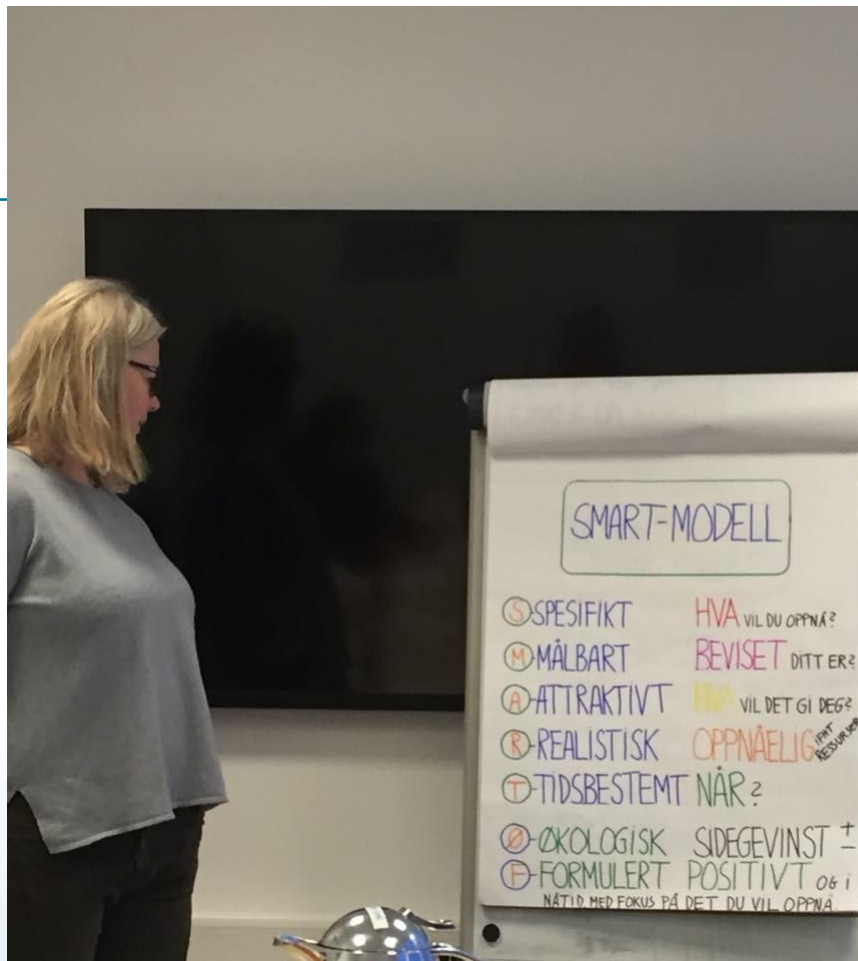
- Norwegian Sickness absence
- Numerous work rehabilitation programs
- Scarce documentation on effect

Better - together

Group based intervention

- Self – experience
- Goal – oriented (SMART)
- Sherbrooke (Loisel)
- Coping strategies
- Salutogenesis
- Nondirective

S –specific
 M- measurable
 A - attractive
 R – realistic
 T - timed



Target group

- Persons on the edge of long-term sick leave, or already sick listed, due to stress-related symptoms, physical illness or other health problems.
- Young people who have searched for a job for more than 6 months entitled extra assistance from Norwegian welfare Organisation (NAV)
- 18-65 years
- Expresses a wish to work

Methods RCT –

- Group based intervention versus three months at a local gym
- Process evaluation
- Survey – basis , three and 15 months
- Register – work participation

Material

	Group n=88	Exercise n=64	p
Gender female%	84.1	87.5	0.55
Age mean year	43.9	42.9	0.55
Single %	37.5	40.6	0.38
Education University %	44.3	52.1	0.34
Driving licence %	87.4	87.5	0.98
Employed %	54.0	50.0	0.63
Expect to be in Work in some weeks %	28.9	25.8	0.78

Result: Self rated health 1 to 100

- At 3 months self-rated health equally improved in both groups
- At 15 months:
 - Intervention group - improved self-rated health
 - Control group – self-rated health at start level



Subjective Health Complaints, 29 items; score 1-3

- Intervention group – significantly reduced score at 3 and 15 months
- Control group – no significantly change in score

Function; EQ5-D mean score

- Intervention group – significantly improved score ADL at 3 and 15 months
- Control group – no significantly change in scores.

Proses evaluation

- Good user satisfaction
- 75 % reported benefit – 4% no benefit within group intervention
- SMART Goal orientation «most important – 89%»



Discussion

- Respons Rate
- Seleksjon Bias
- Power



Conclusion; Group based Goal-work might:

- Reduce health complaints,
- Increase ADL function
- Increase self rated health

- Change within group intervention seems more permanent
- Return to work?



Thanks to

- Fou Norwegian Welfare Organisation
- Marit Henriksen and Elin-Cathrine Eriksen

- You

