

# Improved expectations about length of sick leave during occupational rehabilitation is associated with increased work participation

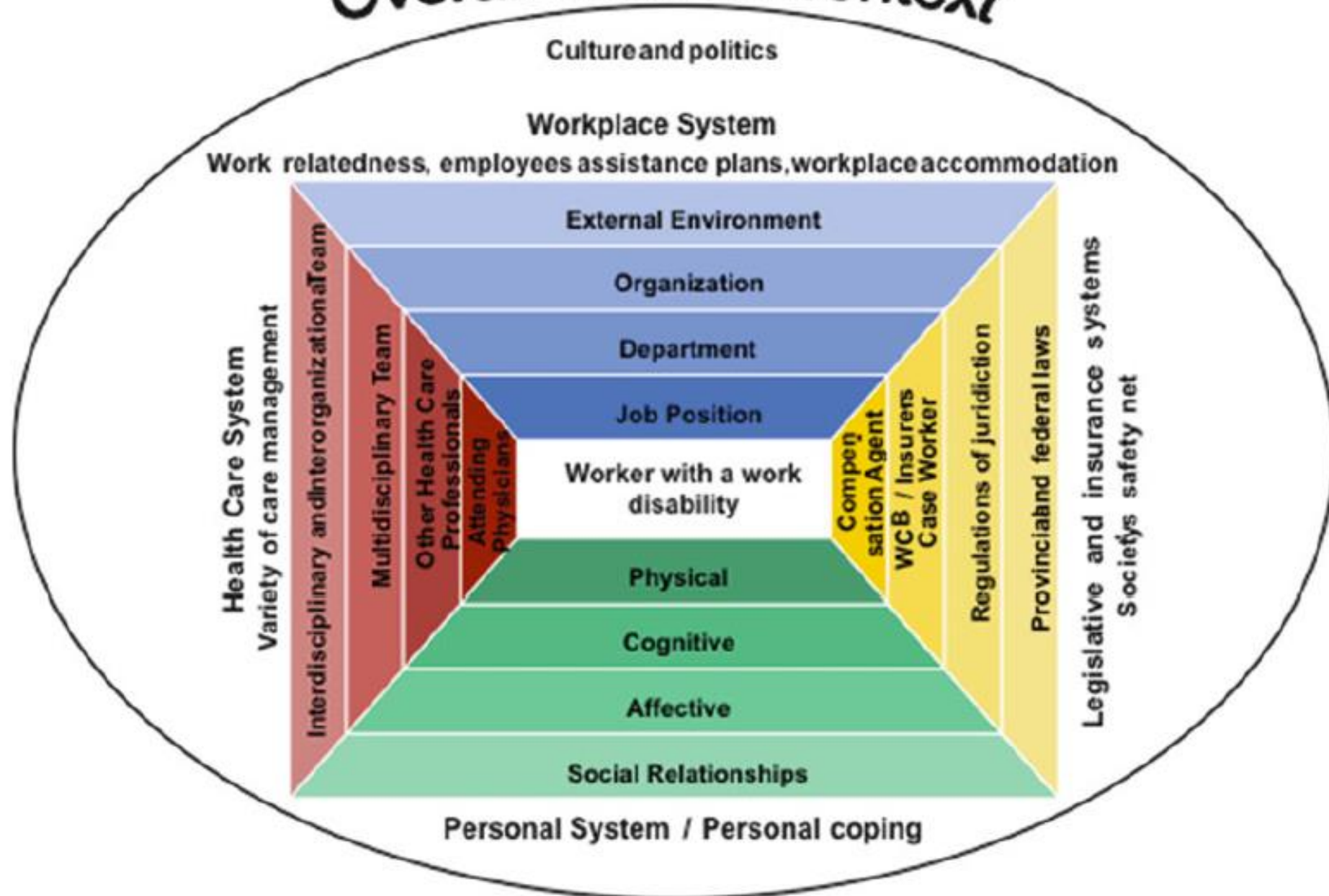
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 @LAasdahl

# Overall societal context



I CAN'T DO IT









## The Mediating Role of Recovery Expectancies of Between Depres

Junie S. Carriere · Pascal  
Michael J. L. Sullivan

European Journal of Public Health, Vol. 20  
© The Author 2010. Published by Oxford  
doi:10.1093/eurpub/ckq171 Advance Acces

## Predictors of re sick-listed with findings from a

Maj Britt D. Nielsen<sup>1</sup>, Ida E.  
Finn Diderichsen<sup>3</sup>

## Prognostic Factors of Long Term Disability Due to Mental Disorders: A Systematic Review

L. R. Cornelius · J. J. L. van der Klink ·  
S. Brouwer

# BMC Public Health

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Research article

## Length of sick leave – Why not ask the sick-listed? Sick-listed individuals predict their length of sick leave professionals

Nils Fleten<sup>\*1</sup>, Roar Johnson<sup>2</sup>

Downloaded from www.sjweh.fi on September 06, 2016

## Original article

Scand J Work Environ Health 2006;32(1):67-74  
doi:10.5271/sjweh.978

Predicting the duration of sickness absence  
common mental disorders in occupational he  
Jouwshuijsen K, Verbeek JHAM, de Boer A

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\* Corres

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which permits u



Pain 107 (2004) 77–85

Psychosocial factors predictive of occupational low  
towards development of a return-to-work

I.Z. Schultz<sup>a,\*</sup>, J. Crook<sup>b</sup>, G.R. Meloche<sup>c</sup>, J. Berkowitz<sup>d</sup>,  
O.A. Zuberbier<sup>f</sup>, W. Meloche<sup>f</sup>

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Research article

Open Access

## Length of sick leave – Why not ask the sick-listed? Sick-listed individuals predict their length of sick leave more accurately than professionals

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<sup>\*</sup> Corresponding author

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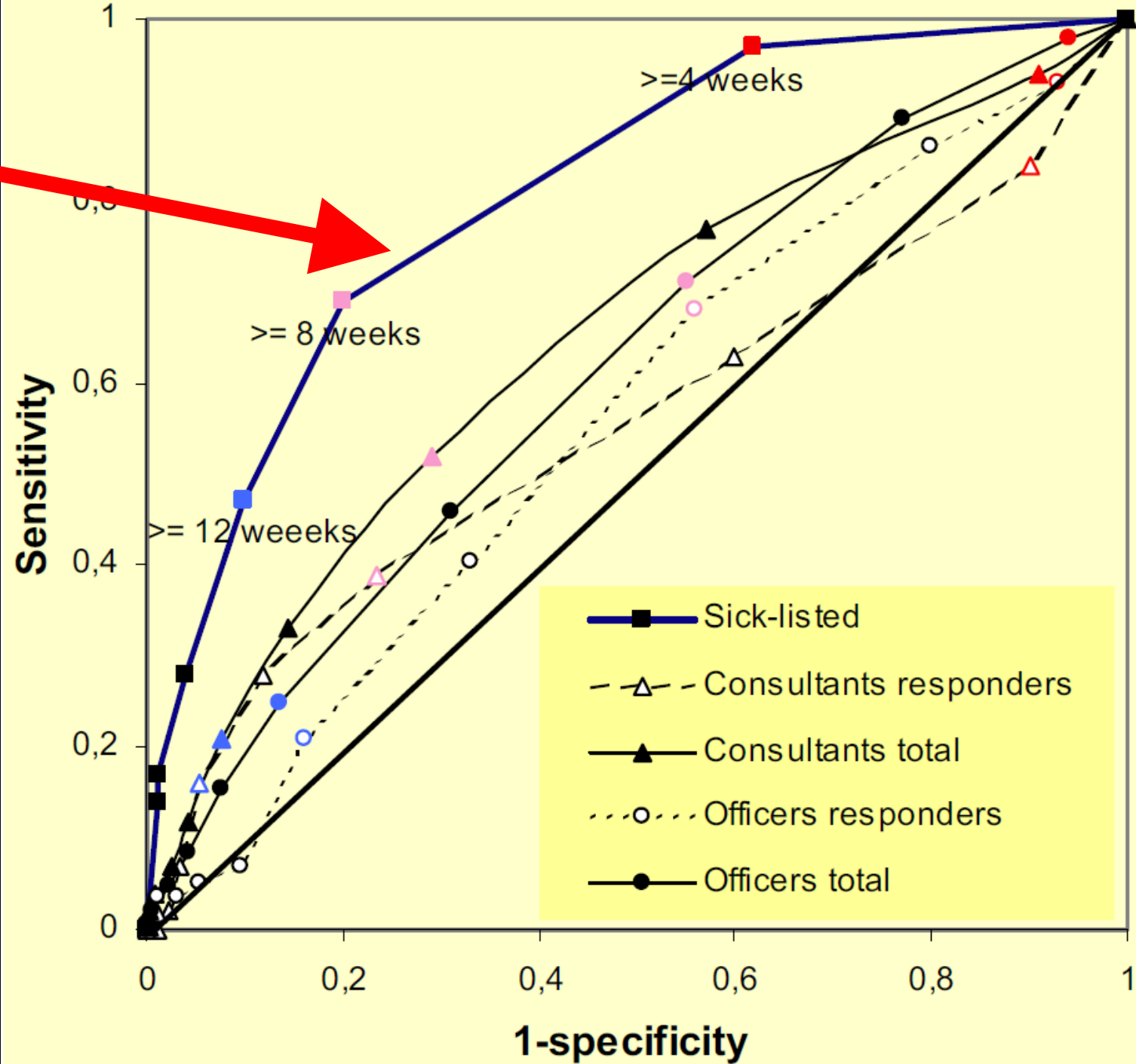
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# Expectations?











Anxiety

Family

Employer

Pain

Health

Children

Expectations

Parents

Colleagues

Work tasks

Economy



# Aim

Assess whether the participants' expectations about length of sick leave changed during occupational rehabilitation, and whether the changes in expectation were associated with future work outcomes

# Cohort study

Participants from 2 RCTs

18-60 years old

Individuals sick listed 2-12 months

Diagnosis: musculoskeletal, psychological or general and unspecified

N=168



“For how long do you believe you will be sick listed from today?”

Less than 1 month

1-2 months

2-4 months

4-10 months

More than 10 months

Sick leave measured by registry data



Expectations about length of sick leave at the start and the end of the rehabilitation programs

Post-score

Pre-score	<1 month	1-2 months	2-4 months	4-10 months	> 10 months
Less than 1 month	4	2	1	0	0
1-2 months	11	11	8	1	2
2-4 months	3	16	27	11	1
4-10 months	1	1	19	25	6
More than 10 months	1	1	0	3	13



Expectations about length of sick leave at the start and the end of the rehabilitation programs

Post-score

Pre-score

<1 month      1-2 months      2-4 months      4-10 months      > 10 months

Less than 1 month

1-2 months

2-4 months

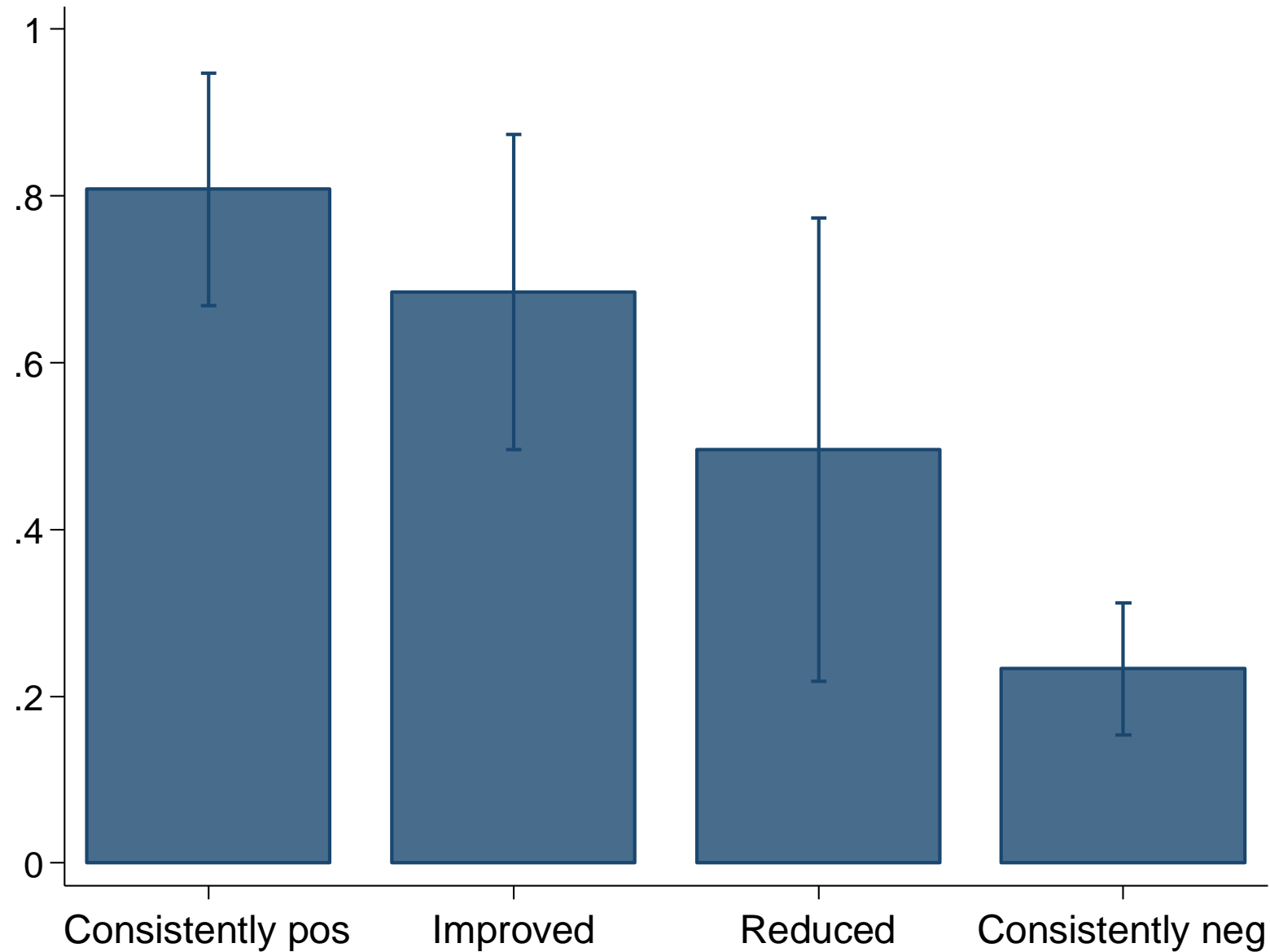
4-10 months

More than 10 months

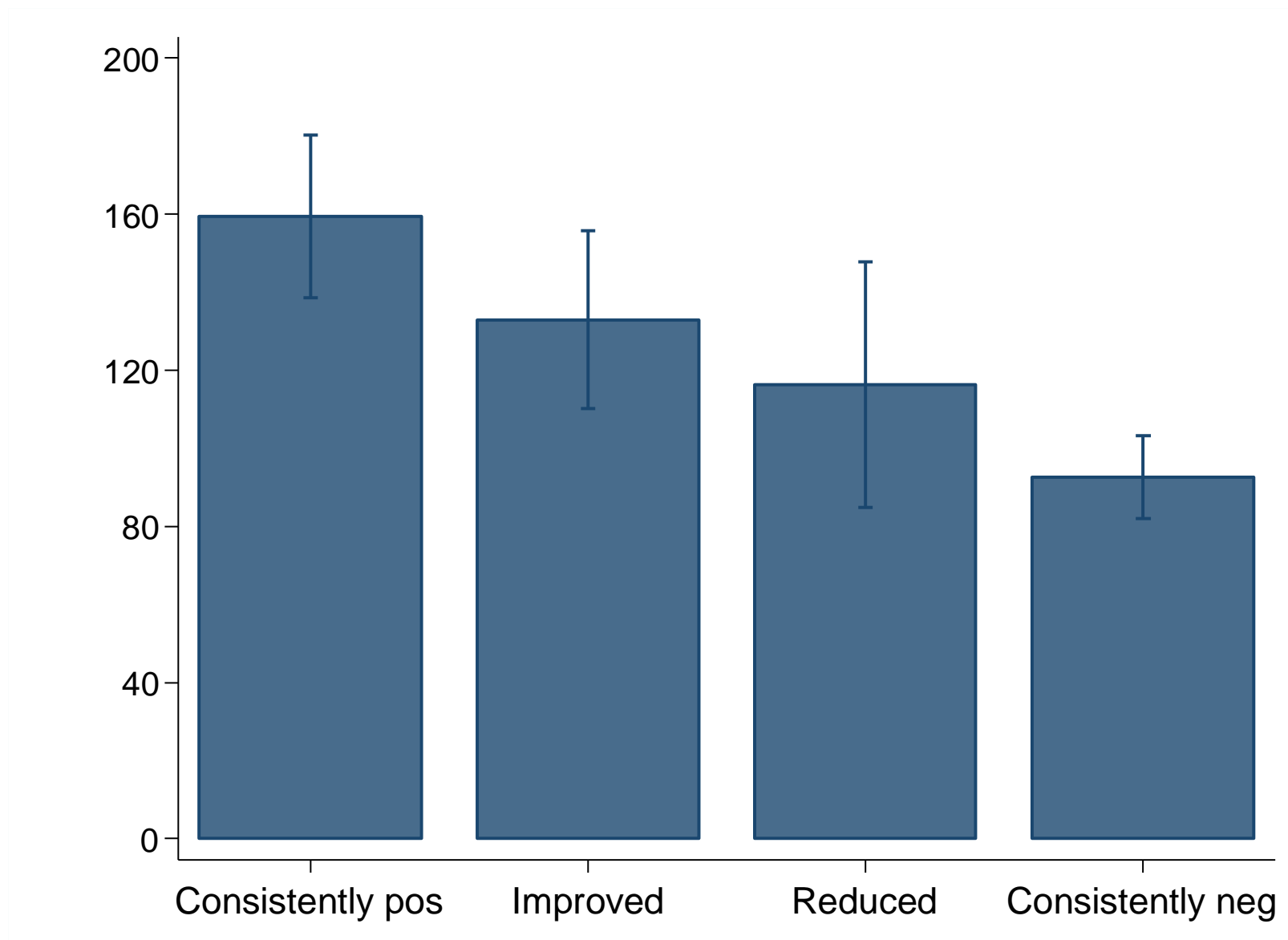
Improved expectations 33%  
No change 48%  
Reduced expectations 19%

Pre-score	Post-score				
	<1 month	1-2 months	2-4 months	4-10 months	> 10 months
Less than 1 month 1-2 months	Consistently positive		Reduced		
2-4 months 4-10 months More than 10 months	Improved		Consistently negative		

# Probability of sustainable RTW



# Number of work participation days





# Conclusion

Changes in expectations were associated with future work outcomes

Suggests that RTW expectations is a strong predictor for RTW

Expectations can be useful to evaluate in the clinic, and as an intermediary outcome in clinical trials



# Improved Expectations About Length of Sick Leave During Occupational Rehabilitation Is Associated with Increased Work Participation

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## Abstract

**Objectives** To assess changes in participants' expectations about length of sick leave during Acceptance and Commitment Therapy (ACT)-based occupational rehabilitation, and whether the change in expectations was associated with future work participation. **Methods** Cohort study with 9 months follow-up including sick listed workers who took part in one of two randomized controlled trials. The change in expectations about length of sick leave were assessed using a test of marginal

# Co-workers



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