

# **Scientific basis for assessment of work related diseases with regard to psychiatric disease**

## **Or – Possibilities of recognition of psychiatric diseases in Sweden**

# Criterion for inclusion 1

Articles published in English-language scientific magazines between 1985 – 2005 which

- studied the connection between work conditions and states of depression and anxiety
- in longitudinal studies, that is, included at least two data collections

# Criterion for inclusion 2

Outcome of:

- a diagnosis of state of depression and/or anxiety, or
- an evaluation scale validated against such psychiatric diagnosis

# The study

28 articles met the criteria for inclusion

Among them:

- 12 articles where judged to be of high quality
- 16 articles where judged to be of lower quality

# The study

The assessment of evidence for a connection between various work conditions is rated as

- moderate evidence
- limited evidence
- lack of evidence

Strong evidence does not exist since there are no surveys where persons have been randomly assigned to varying work conditions!

# Psychological demands

- Does your job require you to work very fast?
- Very hard?
- Require too great an effort?
- Sufficient time to cope with work tasks?

# Social support

- Is there a calm and pleasant atmosphere at my workplace?
- Is there understanding for my having a bad day?
- I have no disagreements with my superiors
- I get on well with my work colleagues

# Job strain

- The combination of limited scope for decisions and high psychological demands

# Work event

- Lack of stimulation (skill discretion)
- Lack of scope for decisions (decision authority)
- Lack of control (combination of decision-making scope and stimulation)
- Lack of procedural justice (including whether decision processes are just and consistent, may be questioned, etc.)
- Lack of relational justice (including whether superiors treat subordinates justly and with respect, and provide relevant information)