

Stressforskningen i Danmark

og

Stressbehandling

Treskiftsarbejde

Jørgen E Andersen (Poul Vidriksen)1970

- **600 3-skiftarbejdere**
- **297 dagarbejdere**
- **Søvnbesvær (66%/11%)**
- **Psykisk besvær (65%/26%)**
- **”Mavesår” (15/8)**
- **Nedsat samlejefrekvens**

- **Hustruer spurgt om konsekvenser af skiftarbejdet**

Arbejdsmiljøundersøgelsen 1973

- **1 % af LO**
- **75 % svarprocent**
- **6931 besvarelser**
- **Mest stressede forbund:**
 - **Kv.Arb, beklædning, skotøj, alle med mad mfl**
- **Mindst stress:**
 - **Arbejdsledere, murere, elektrikere, post, HK**

Ugeskrift for læger 1970erne

- *Articles in Danish*
- **Bonnevie P. Ugeskr Laeger. 1971 May**
- **Acoustic climate--noise--stress--noise deafness.**
- **Sabroe S, Olsen J. 1978**
- **Stress symptoms and occupational environment among construction workers in Denmark.**
- **Jepsen JR, Oppenhagen L. 1979**
- **Conditions of stress as the reason for application for disability pensions. A discussion on the basis of 13 women who were awarded the lowest disability pension or who were refused pensions.**

Første forsøg på en Stress definition

Psykosociale belastninger, stress og iskæmisk hjertesygdom

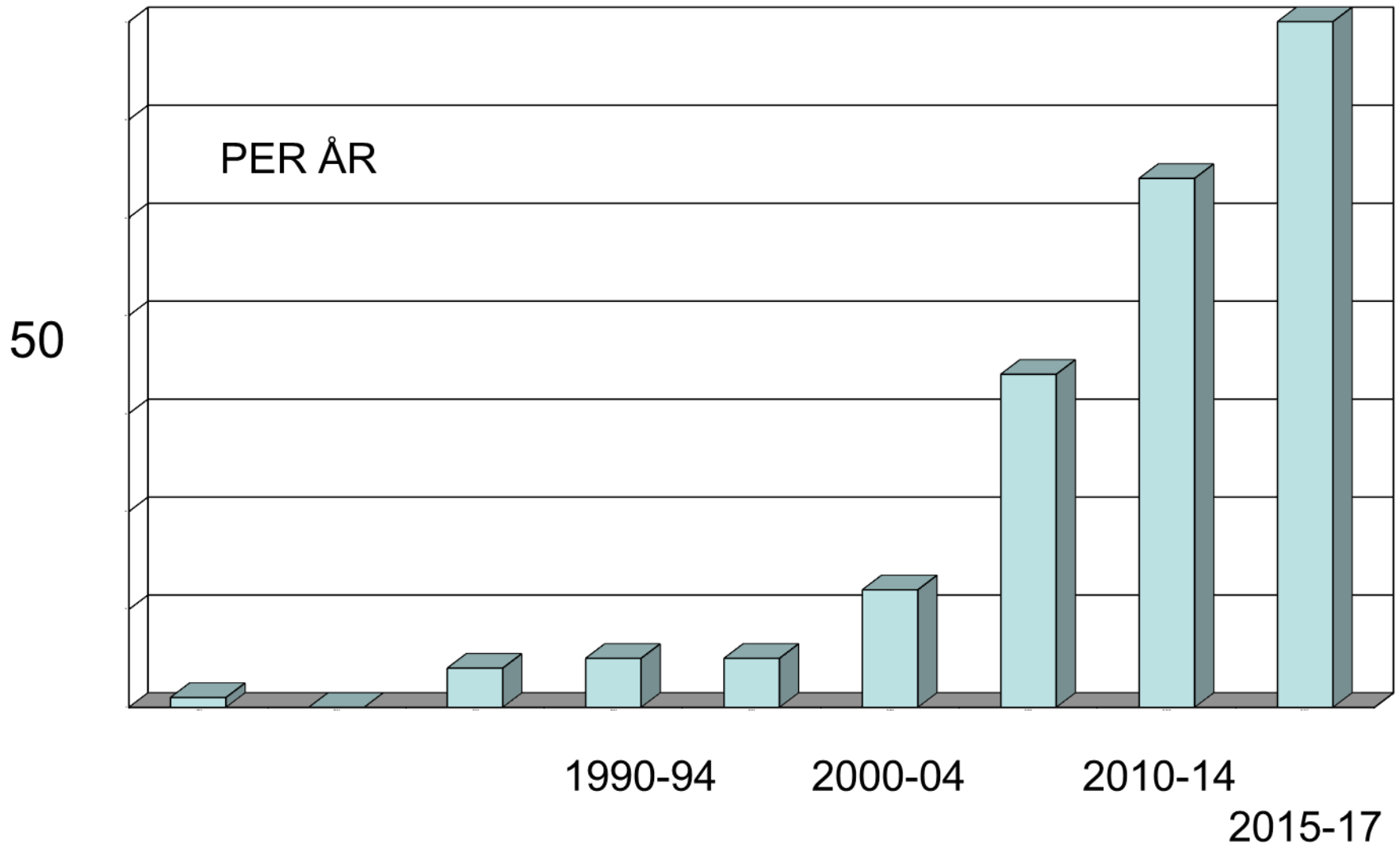
[Netterstrøm B](#), [Kristensen TS](#). Ugeskr Laeger. 1986

”Ved stress forstås en individtilstand, der psykofysiologisk er kendetegnet af både anspændthed og af ulyst. Stress har såvel én oplevelsesmæssig som en fysiologisk side..”

Stresspublikationer

- **900 i Pubmed dvs peer- review**
- **30 PhD afhandlinger**
- **8 Disputatser**

”900 Stresspublikationer” i DK (Pubmed)



[BMC Public Health](#). 2009 Oct 5;9:372

Can we enhance the ability to return to work among workers with stress-related disorders?

[Lander F¹](#), [Friche C](#), [Tornemand H](#), [Andersen JH](#), [Kirkeskov L](#).

Svar: Nej

[BMC Public Health](#). 2010 Nov 1;10:658. doi: 10.1186/1471-2458-10-658.

Effect of a multidisciplinary stress treatment programme on the return to work rate for persons with work-related stress. A non-randomized controlled study from a stress clinic.

[Netterstrøm B](#), [Bech P](#).

Jo, vi kan !

Measures Against Work-Related Stress

- results from a randomized, wait-list controlled trial
of a group-based, cognitive behavioural
stress management intervention

PHD DISSERTATION

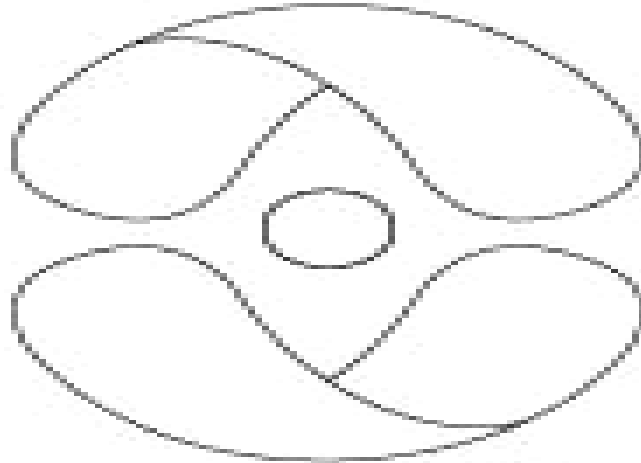
MORTEN VEJS WILLERT



[Scand J Public Health](#). 2014 Dec;42(8):719-27.

**Rehabilitation of
individuals on long-
term sick leave due to
sustained stress-
related symptoms: a
comparative follow-
up study.**

[Willert MV](#)¹, [Wieclaw J](#)², [Thulstrup AM](#)³.



COPESTRESS
copenhagen stress
treatment project

***A randomized controlled study of
the effect of a stress treatment
programme***



AARHUS
UNIVERSITY
HEALTH

MINDFULNESS AND BODILY DISTRESS

PhD dissertation

Lone Overby Fjorback, MD

2012

Åben og Rolig
Gaden Jensen 2015
"Critical Investigations of
Two Meditation Based
Stress Reduction
Programs and of
Mindfulness as a
Predictor of Mental
Health in the Population"

Treating patients on sick leave due to work-related stress

**Two randomized controlled trials of a
stress management intervention**

PhD dissertation

Vita Ligaya Dalgaard

2017

Health

[Biomed Res Int](#). 2015.

Prognostic Factors of Returning to Work after Sick Leave due to Work-Related Common Mental Disorders: A One- and Three-Year Follow-Up Study.

[Netterstrøm B](#), [Eller NH](#), [Borritz M](#).

**Efter 1 og 3 år ingen forskel på
behandlinger**

Stressbehandlingsundersøgelser

TTA

Bedring

Skive: ingen effekt

Hillerød: moderat effekt moderat effekt

BBH (2): moderat effekt moderat effekt

Kbh, psyk: 0 effekt moderat effekt

Århus (3): lille effekt moderat effekt

Århus MBSR: moderat effekt

Kbh ÅogR: moderat effekt

Herning(2): lille effekt moderat effekt

Hvad mangler (eksempler)?

- Hvilke tilstande skal have hvilken behandling?
 - Rådgivning til nogle- terapi til andre
- Hvordan definerer vi forskellige tilstande?
 - Udbrændthed, Udmattelse, Depression, Tilpasningstilstande
- Hvad betyder varigheden og belastningens karakter?
 - Belastning $>1/2$ år, Mobning
- Hvilken plads har mindfulness?
- Behandlingsguide for forskellige tilstande?

Tak til arrangørerne

***I håb om en udbytterig
konference***

Også i de kommende år