

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

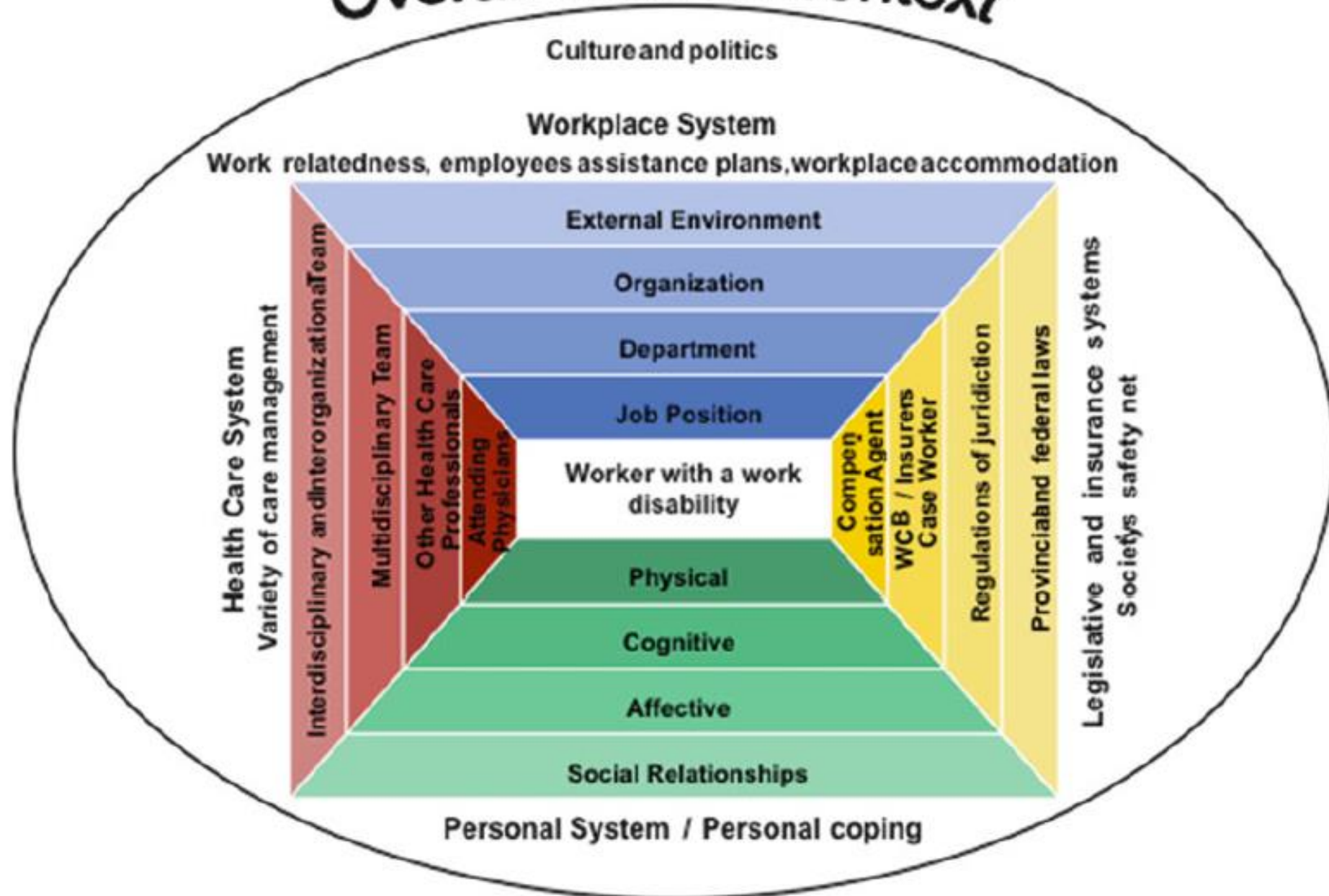
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Overall societal context



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. Nielsen¹, Ida E.
Finn Diderichsen³

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

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

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

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O.A. Zuberbier^f, W. Meloche^f

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Pain 107 (2004) 77–85

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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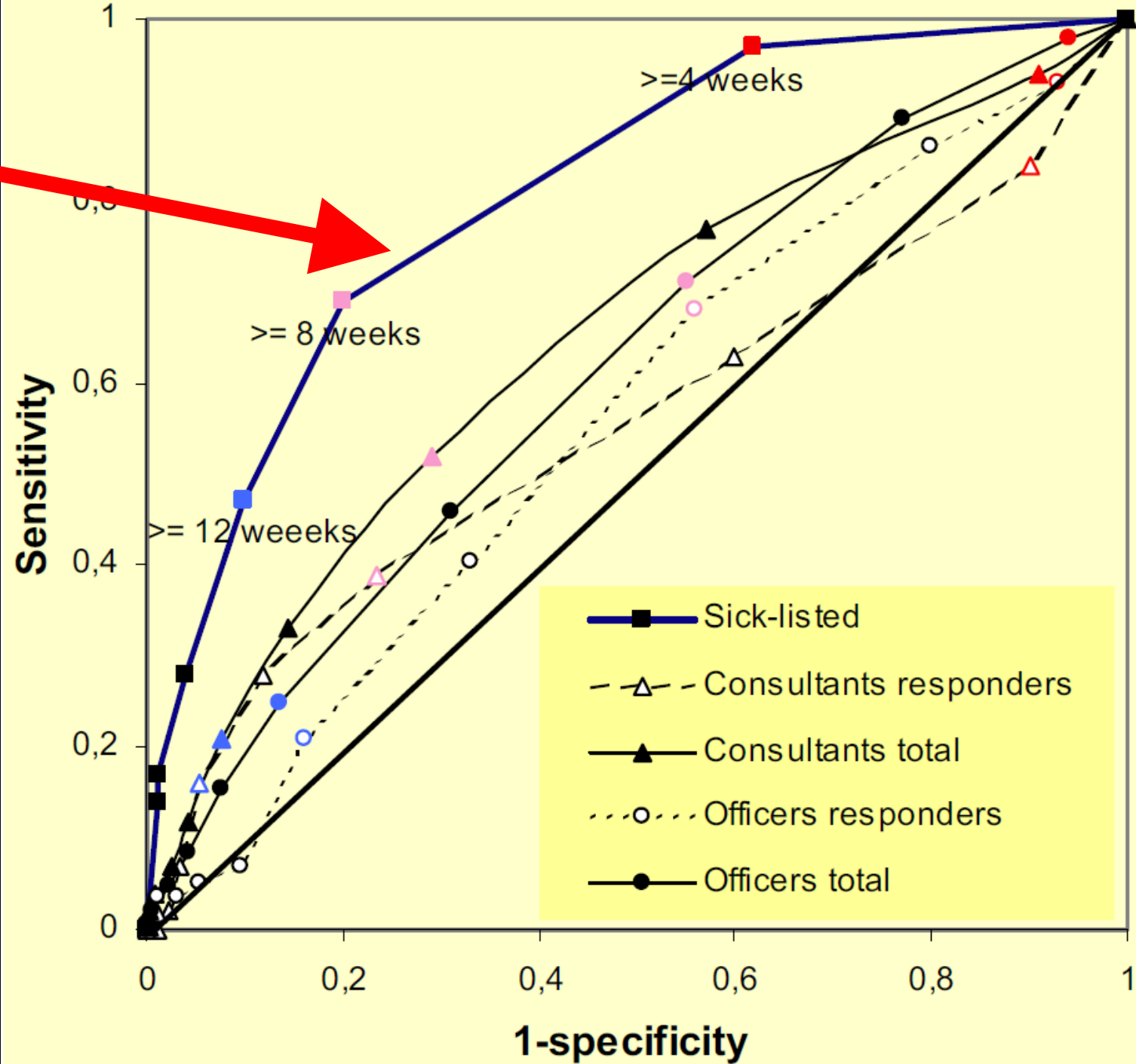
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Expectations?







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

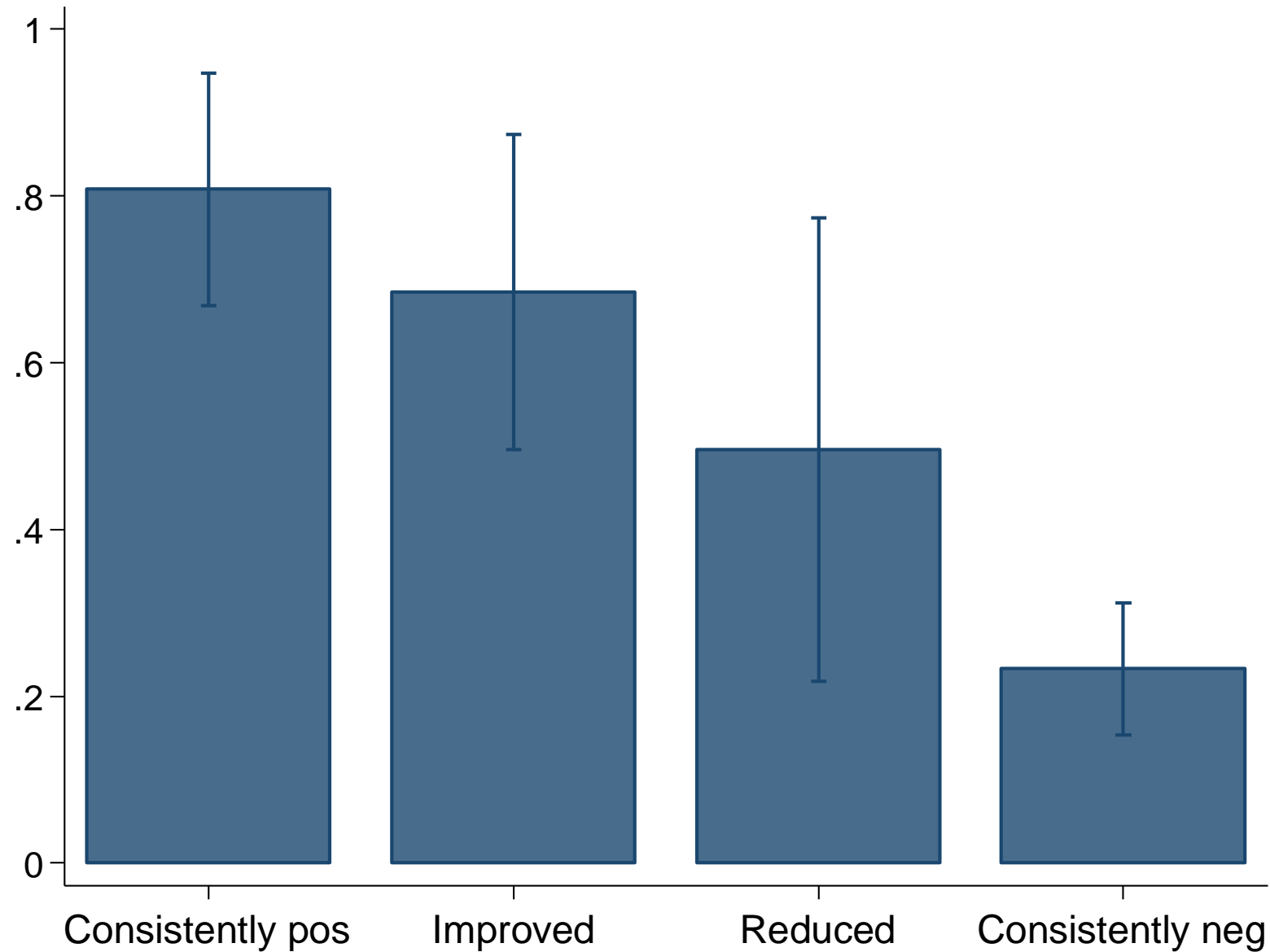
4-10 months

More than 10 months

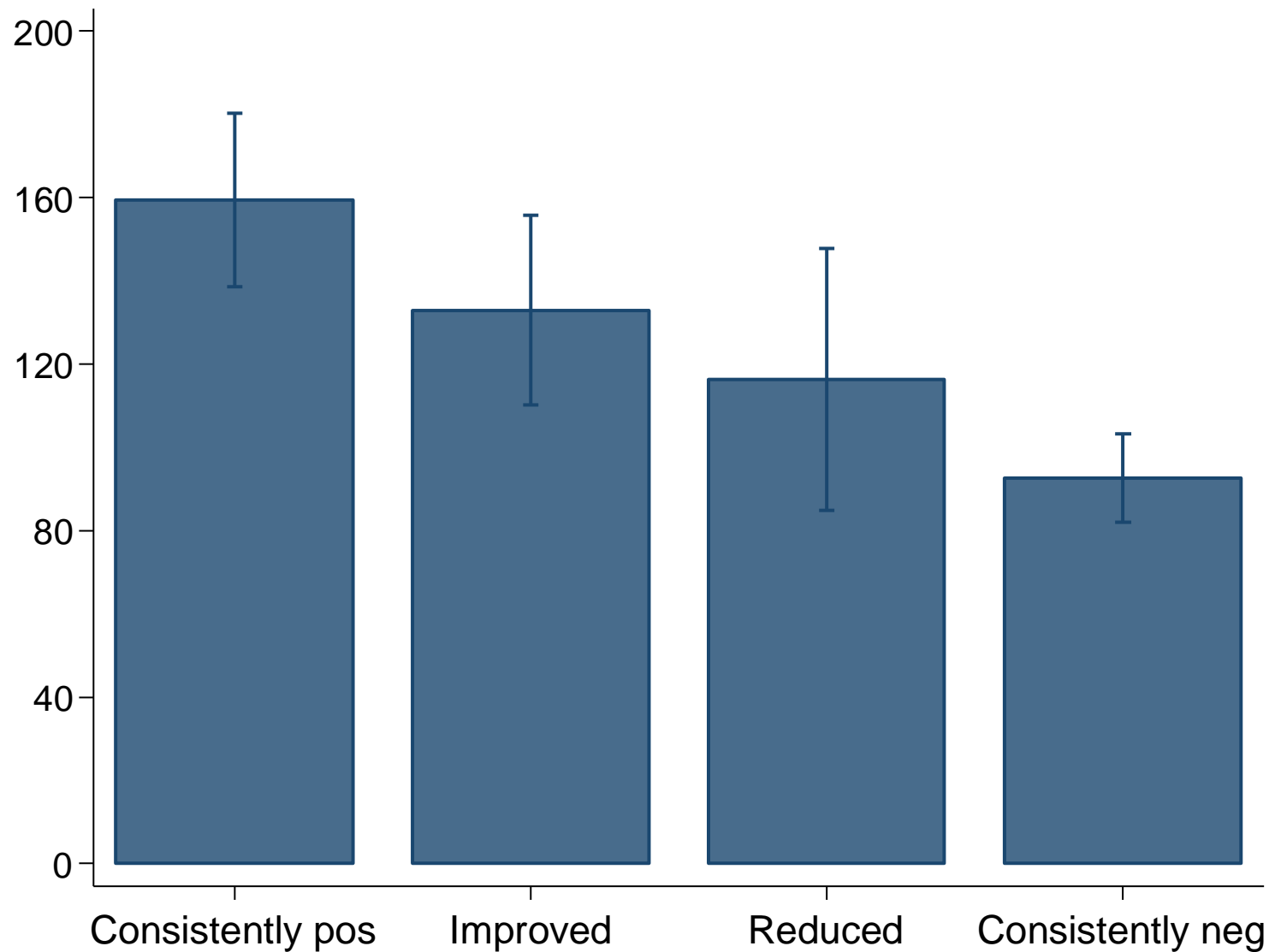
Improved expectations 33%
No change 48%
Reduced expectations 19%

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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