

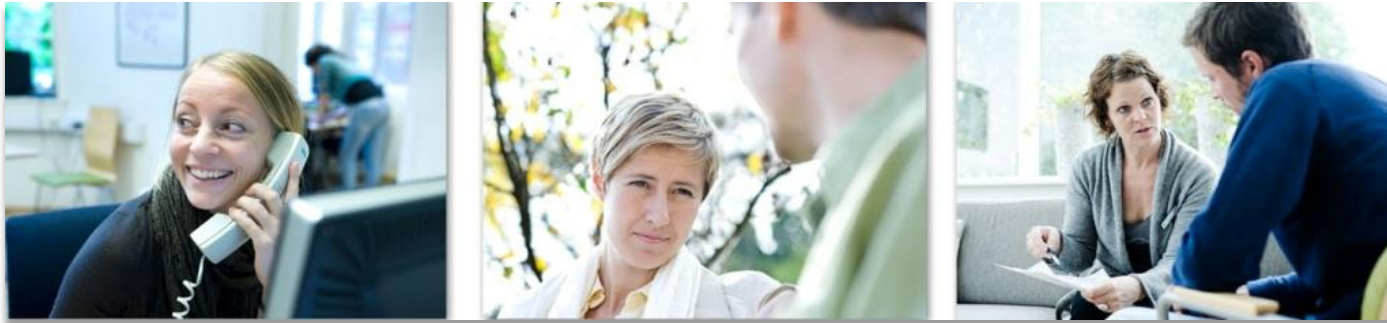
# Work focused treatment for Common mental disorders: An observational study comparing an intervention group with at waiting list group

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In submission

# Work focused cognitive and meta-cognitive therapy



- Work focused- and therapeutic interventions are integrated
- Work function and work place assesment early
- Give information about mental health and work
- Work place as arena for therapeutic interventions to enhance coping
- Outline return to work plan with graded return/sick leave
- Cooperation with patients GP and manager
- Draft a communication plan

# Objectives was to determine the potential effectiveness of work focused treatment

## Method

Quasi-experimental  
observational study

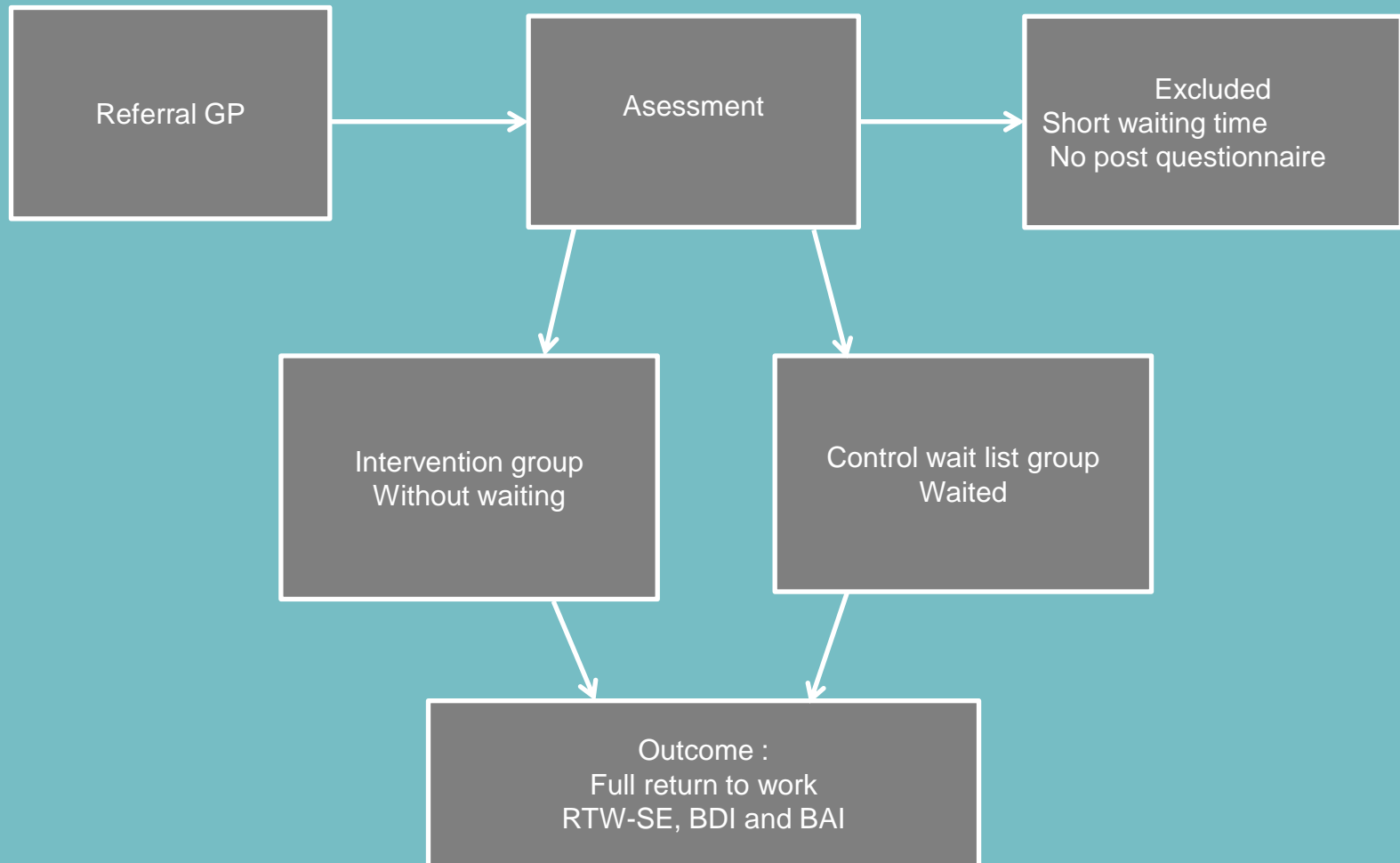
Compare an  
intervention group and a  
waiting list control group

## Outcome

Full return to work  
Return to work self-efficacy  
Depression  
Anxiety  
Recovery

# Method

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# Clinical implications

- The results have a high ecological validity and indicates that the intervention may effectively enhance return to work for patients with depression and anxiety
- Results are in line with Lagerveld(2012) and Kroger( 2015)
- Randomized controlled studies are needed to test the effect  
<https://clinicaltrials.gov/ct2/show/NCT03301922>
- Conclusion: The intervention can be implemented in an outpatient clinic involving a large group of patients with high effect sizes for symptoms and return to work self efficacy
- Patients satisfaction were high when disorder specific treatment include work focus

Thank you for your time!



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