Unemployment as a consequence of high levels of perceived stress and interaction by socioeconomic status: A historical cohort study

Type of presentation: First choice is oral presentation, second choice is poster presentation.

Authors: Maiken Holm Mæhlisen[*1], Alexander Arndt Pasgaard[1], Tine Curtis[2], Charlotte Overgaard[1], Christian Torp-Pedersen[1,3] and Henrik Bøggild[1]

[1]*Department of Health Science and Technology, Aalborg University, Niels Jernes Vej 14, 9220 Aalborg Øst, Denmark*
[2]*Research Leader of Center for Anvendt Kommunal Sundhedsforskning, Aalborg Kommune, Danmarksgade 17, 9000 Aalborg, Denmark*
[3]*Department of Clinical Epidemiology, Aalborg University Hospital, Sdr. Skovvej 15, 9000 Aalborg, Denmark*
[*]*Tel: 21 21 58 86, e-mail: mhm@hst.aau.dk*

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Background: Unemployment is associated with everyday life stress and unemployment is often interpreted as a stressor and predictor of adverse health outcomes. Little attention has been given to the reverse hypothesis; unemployment as a consequence of stress. Socioeconomic status (SES) might influence the association and investigation of the hypothesized association can identify possible SES groups in which stress leads to unemployment which can be used in public health prevention of stress. The aim of this study is to examine if perceived stress among employed is associated with unemployment in the following year and identify whether different socioeconomic status (SES) groups had different risk of unemployment.

Method: The level of perceived stress is assessed through Cohen's Perceived Stress Scale (PSS), which was included in North Denmark Health Profile 2010, a survey which was sent to 35,700 citizens living in the northern Region of Jutland aged 16 years and above. The level of perceived stress was measured in 21,842 responders of which only responders who are employed from January the 25th 2010 and the preceding three months are included and followed for one year and linked to national administrative registers. Employment status is based on data from DREAM database, which includes sickness benefits and social transfer payments. A stratified analysis based on SES will be conducted to clarify possible effect modification. Data will be analyzed through multivariate regression models including gender, age and SES.

Results: Results are not yet available, but will include the number of people, who stayed employed and became unemployed during follow up, including the mean level of perceived stress. Table 1 will describe characteristics of people with different levels of perceived stress and employment status after one year of follow up together with covariates. Through stratification, risk of unemployment as a consequence of high levels of perceived stress in different SES groups will be identified. Analyses will be presented both unadjusted and adjusted for relevant confounders.

Implications: Based on cooperation with Aalborg Kommune identification of groups of risk can be used to improve and target prevention of stress through "Åben og rolig" by "Center for stressforebyggelse", Aalborg Kommune.

Key references

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