

Work related disability and mental illness

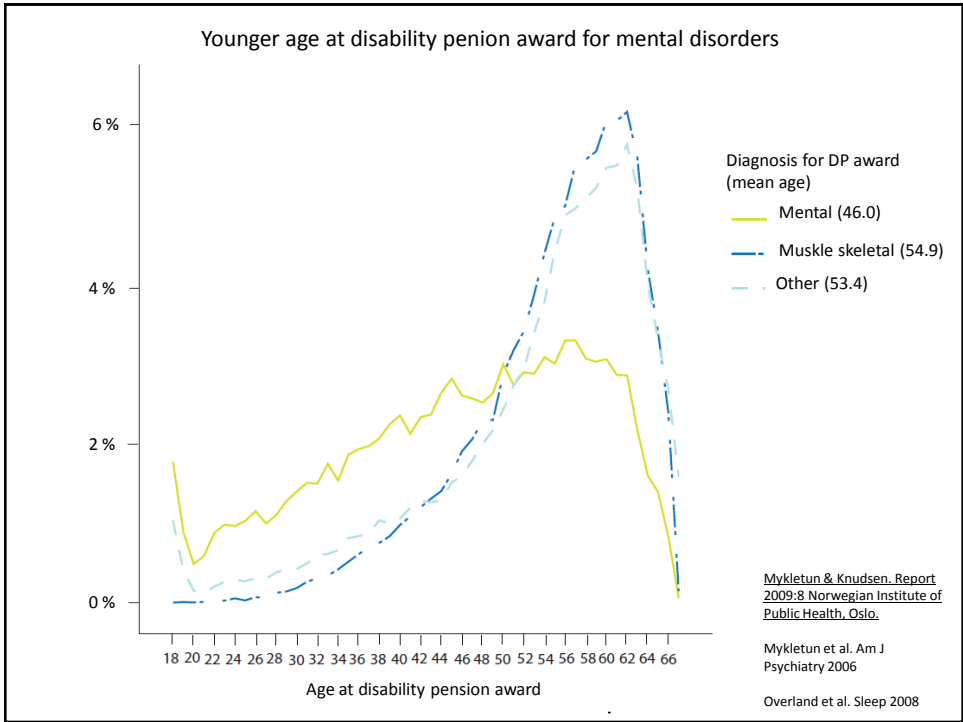
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Mental disorders for disability pension award (23.8%)

- Anxiety disorders (F40-F49) 7.9 %
- Mood disorders (F30-F39) 7.2 %
- Personality disorders (F60-F60) 2.3 %
- Psychotic disorders (F20-F29) 1.9 %

Mykletun et al. Report 2009:4
The Norwegian Institute of Public Health



Mental disorders predict disability pensions awarded for non-mental diagnoses

Anxiety & depression

Population based health study (HUNT) N=45000

OR=2.59
(95% CI 2.05–3.28)

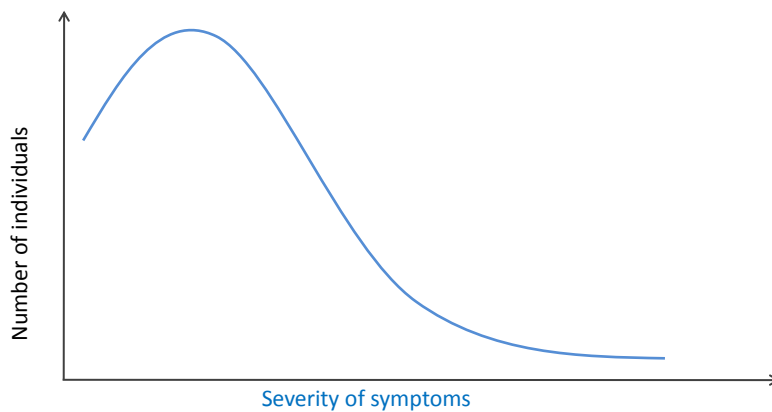
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1-3 years follow-up

Registry of disability pension award during follow-up

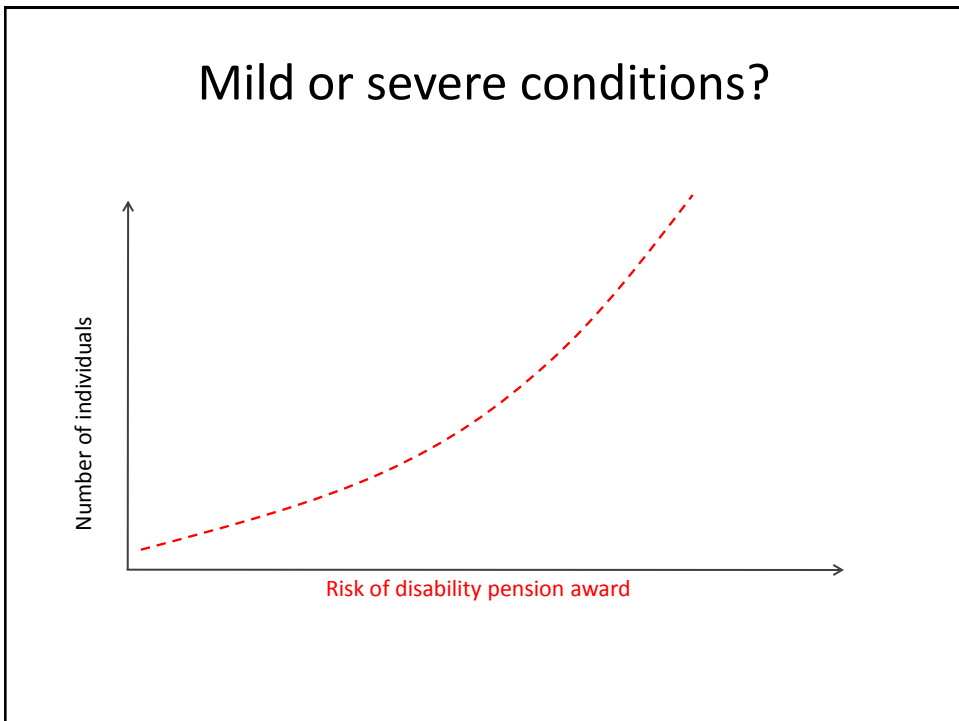
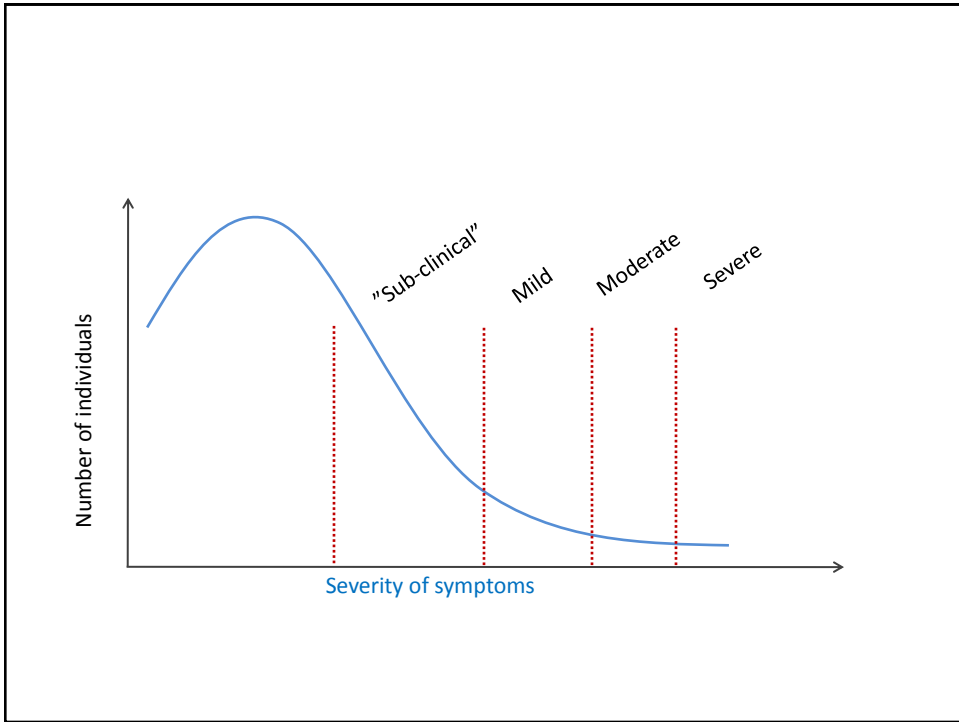
Mykletun et al. American Journal of Psychiatry, 2006.
 Knudsen et al. Journal of Psychosomatic Research, in press 2010.
 Mykletun et al. Psychosomatic Medicine 2009.
 Overland et al. Sleep, 2008.
 Sivertsen et al. American Journal of Psychiatry, 2006.

Continuum of mental disorders

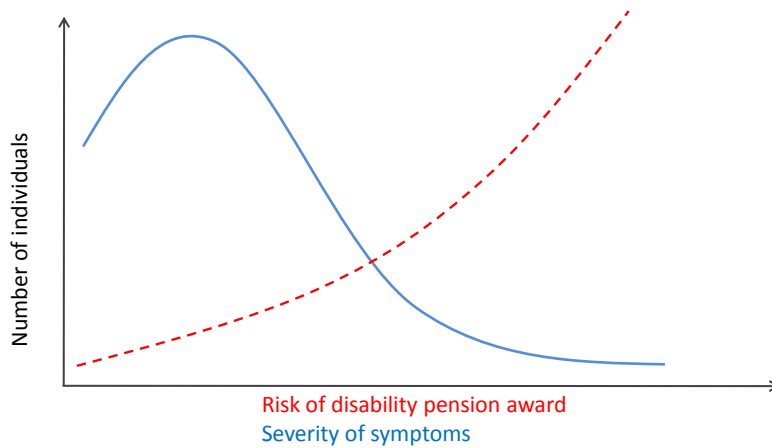


Continuum of mental disorders

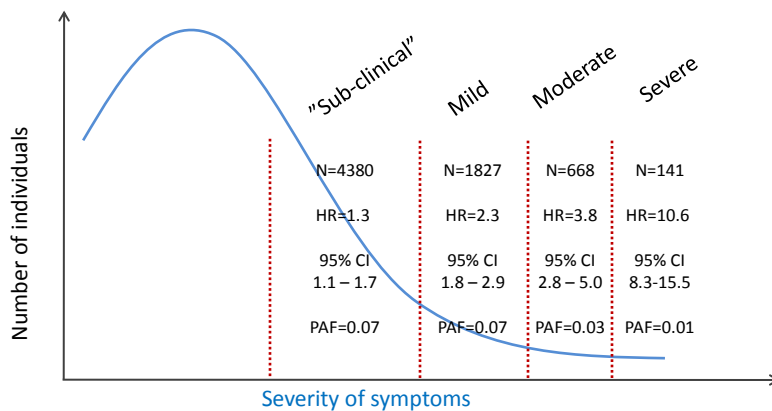




Mild or severe conditions?



Anxiety and disability pension award



Knudsen et al. *Journal of Psychosomatic Research* (in press).
Broadhead et al. *JAMA* 1990.

Under-treatment before disability pension award

Examining medical records

- One attempt, one drug only

Isometsa et al. Am J Psychiatry, 2000.

Honkonen et al. J Clinical Psychiatry, 2007.



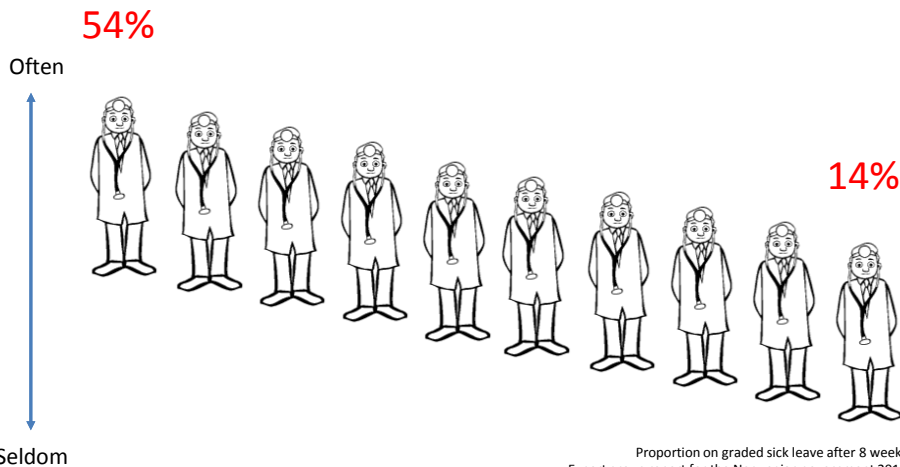
Question just after award

- "Have you ever been in treatment for a mental disorder"
- Primary diagnosis: 32% claims no treatment ever

Overland et al. Psychiatric Services, 2007.

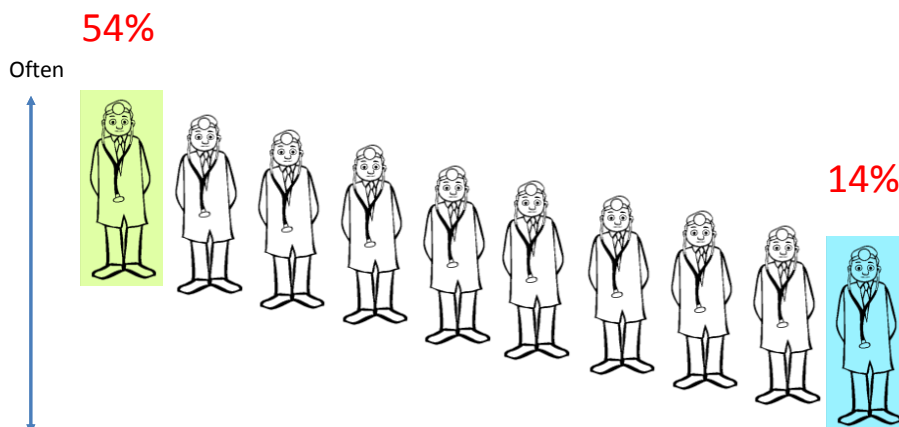


Much variation in use of graded sick leave among general practitioners



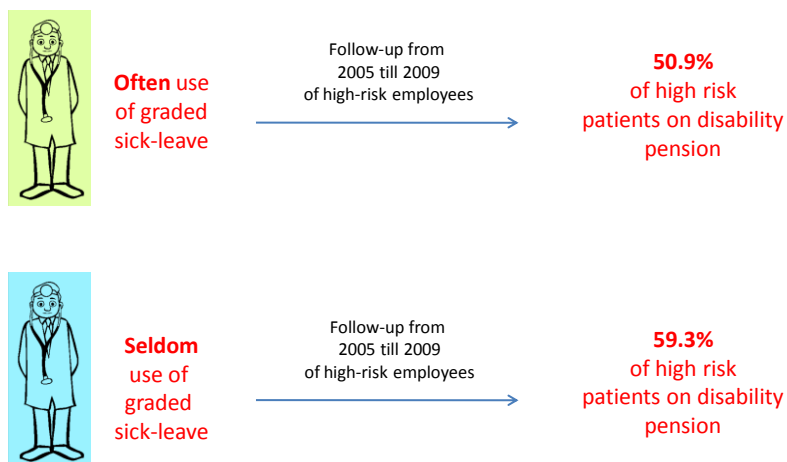
Proportion on graded sick leave after 8 weeks.
Expert group report for the Norwegian government 2010.
http://www.regjeringen.no/pages/2334559/R_2010_tiltak_sykefravaer.pdf

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Graded sick leave prevents the risk of later disability pension award



Numbers for mental disorders. Similar results for other diagnoses.
Ongoing research by Mykletun, Markussen, Røed

Summary

- The extent of disability resulting from mental disorders is underestimated
- Anxiety and depression causes most disability
- Mild and moderate conditions account for more than severe
- Under-treatment before disability pension award
- Prevention of disability is possible by use of treatment (CBT), and by use of graded sick leave

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