

Press release

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Basic information

Name: Vita Ligaya Ponce Dalgaard
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Department of: Public Health

Main supervisor: Johan Hviid Andersen, professor.

Title of dissertation: Treating patients on sick leave due to work-related stress: Two randomized controlled trials of a stress management intervention

Date for defence: April 7 at (time of day): 1 pm Place: Palle Juul-Jensen Auditoriet bygning 10, Aarhus Universitetshospital, Nørrebrogade 44, 8000 Aarhus C

Press release (Danish)

Ph.d.-forsvar 7. april 2017: Behandling af arbejdsrelateret stress

Et nyt ph.d.-projekt fra Aarhus Universitet undersøger effekten af en psykologisk behandling til patienter sygemeldt på baggrund af arbejdsrelateret stress. Projektet er gennemført af psykolog Vita Ligaya Dalgaard, der forsvare det 07/04/2017.

Arbejdsrelateret stress er en hyppig årsag til sygefravær og forringet livskvalitet. Både for den enkelte og i et samfundsøkonomisk perspektiv er der gode grunde til at forebygge og behandle arbejdsrelaterede stresstilstande.

Tidligere forskning har vist, at kognitiv adfærdsterapi kan være med til at reducere stresssymptomerne hos mennesker, der er i arbejde. Formålet med dette ph.d.-projekt har været at undersøge, om patienter, der er sygemeldt på baggrund af arbejdsrelateret stress, kan få samme positive resultater og vende hurtigere tilbage til arbejdet som følge af en målrettet, psykologisk stressbehandling.

Projektet bestod af to 2 studier med i alt 300 sygemeldte stresspatienter som deltagere. Patienterne blev via lodtrækning opdelt i kontrolgruppe og interventionsgruppe – og interventionsgruppen modtog psykologbehandling med arbejdsfokuseret kognitiv terapi og et tilbud om, at psykologen deltog i rådgivning af arbejdspladsen.

Ph.d.-projektets resultater vil blive fremlagt ved et offentligt ph.d.-forsvaret den 7. april 2017 klokken 13-15. Det foregår i Palle Juul-Jensen Auditoriet, bygning 10, Aarhus Universitetshospital, Nørrebrogade 44, 8000 Aarhus C.

Ph.d.-afhandlingens titel: "Treating patients on sick leave due to work-related stress: Two randomized controlled trials of a stress management intervention".

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Press release (English)
PhD defence: Treating work-related stress

Work-related stress is a common cause of sick leave and reduced quality of life. Previous research has shown that cognitive behavioral therapy may improve stress symptoms among stressed individuals at the workplace. The aim of this PhD project was to investigate if patients on sick leave due to work-related stress may experience the same positive results from a developed psychological treatment program with regards to both symptom improvement and return to work.

The project comprised two studies including in total 300 patients on sick leave due to work-related stress complaints. Included patients were randomized into a control group or an intervention group. The intervention group received a treatment that consisted of work-focused cognitive behavioral therapy and were offered a brief workplace intervention.

The results from the PhD project will be presented during a public defence. The project was carried out by Vita Ligaya Dalgaard, who is defending her dissertation on the 7th of april 2017 from 1-3 pm. The defence takes place in the Halle Juul-Jensen Auditorium, building 10, Aarhus University Hospital, Nørrebrogade 44, 8000 Aarhus C.

Titel: "Treating patients on sick leave due to work-related stress: Two randomized controlled trials of a stress management intervention".

Further information: please contact psychologist, ph.d. student Vita Ligaya Dalgaard: vita.ligaya.dalgaard@vest.rm.dk, phone: + 45 27124401

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