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

www.oecd.org/els/disability
Mental disorders predict disability pensions awarded for non-mental diagnoses

OR=2.59
(95% CI 2.05–3.28)
1-3 years follow-up

Anxiety & depression
Population based health study (HUNT) N=45000

Registry of disability pension award during follow-up

www.oecd.org/els/disability
Mild or severe conditions?

Number of individuals

Risk of disability pension award

www.oecd.org/els/disability
Mild or severe conditions?

Risk of disability pension award
Severity of symptoms

Anxiety and disability pension award

Broadhead et al. JAMA 1990.
Under-treatment before disability pension award

Examining medical records

- One attempt, one drug only

Question just after award

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

Much variation in use of graded sick leave among general practitioners

54%

Often

14%

Seldom

Proportion on graded sick leave after 8 weeks.

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Graded sick leave prevents the risk of later disability pension award

Often use of graded sick-leave

Follow-up from 2005 till 2009 of high-risk employees

50.9%

of high risk patients on disability pension

Seldom use of graded sick-leave

Follow-up from 2005 till 2009 of high-risk employees

59.3%

of high risk patients on disability pension

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

www.oecd.org/els/disability
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