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Depressive and anxiety disorders are common mental disorders in the working population, and are more prevalent among women compared to men. The aim of this dissertation was to find specific work aspects that increase the risk of depressive and anxiety disorders, and to identify specific job characteristics that can reduce work impairment among workers with depressive and anxiety disorders.

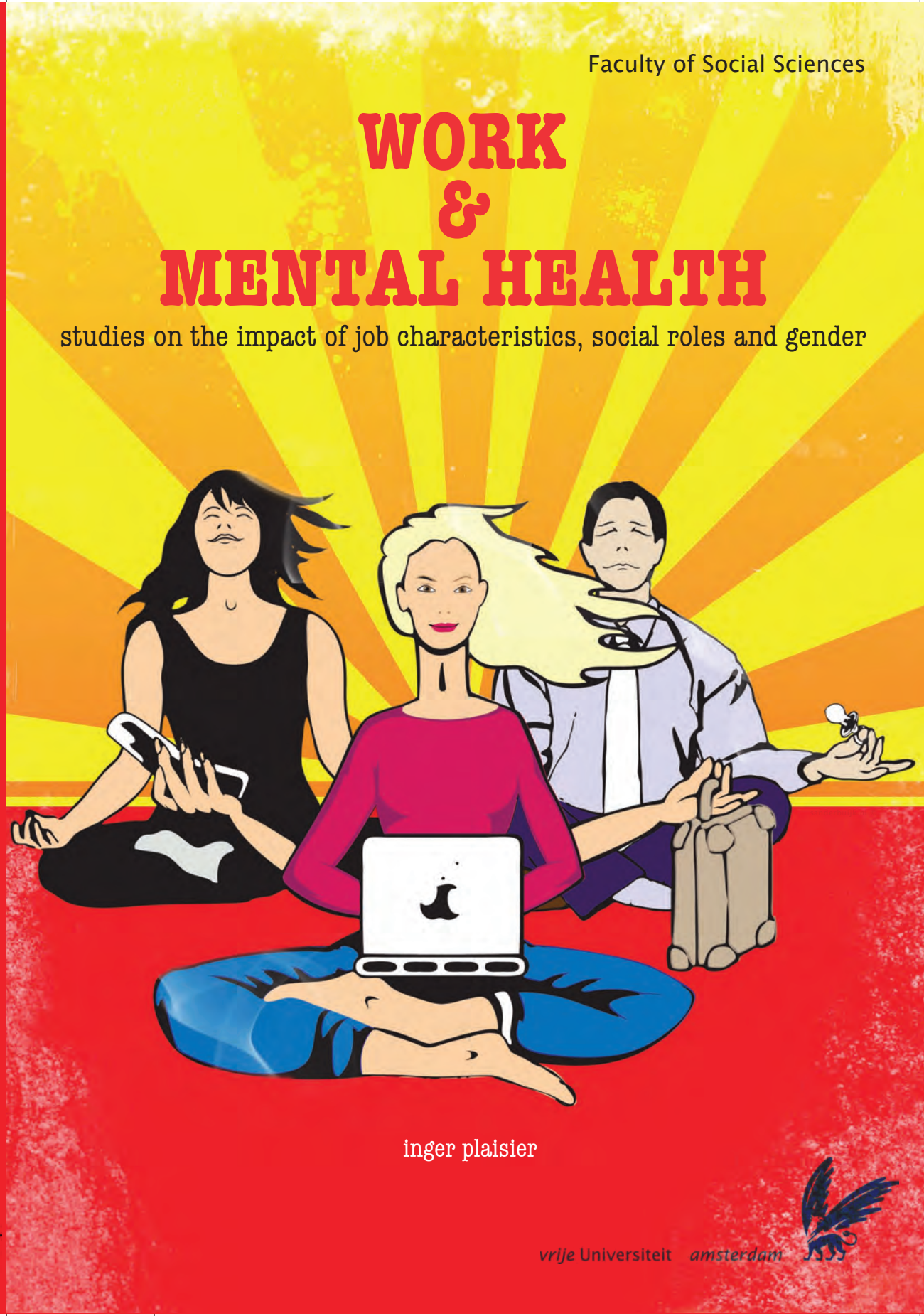
Overall, this study shows that having a job was not harmful for mental health, also not among women who combine work and family roles.

The quality of social roles -including the work role - seemed to be more important for mental health than the number or combinations of social roles. Specifically, a high level of job demands increased the risk of depressive disorders, among both men and women. Social roles and job characteristics did not contribute to the explanation of the female preponderance in depressive and anxiety disorders. There was a strong relationship between psychopathology and impaired work functioning. Particularly high levels of social support and control at work reduced the risk of impaired work functioning, though not exclusively, among workers with depressive or anxiety disorders. Paying attention to specific job characteristics in treatment and prevention of depressive and anxiety disorders and in future research is justified.

Inger Plaisier has been trained as a psychiatric nurse, as well as a sociologist. Between 2004 and 2009 Inger Plaisier worked as a PhD-student at the department of Sociology, Faculty of Social Science, VU University and the department of psychiatry, VU University Medical Center in Amsterdam. Besides her work as researcher, she is also coordinator of the covenant autism spectrum disorders in the Amsterdam area.

Work & Mental Health

Inger Plaisier



Faculty of Social Sciences

WORK & MENTAL HEALTH

studies on the impact of job characteristics, social roles and gender

inger plaisier



Uitnodiging

Voor het bijwonen van de openbare verdediging van mijn proefschrift

Work & Mental Health

Studies on the impact of job characteristics, social roles and gender

op donderdag 26 november 2009
om 13:45 in de aula van de
Vrije Universiteit Amsterdam
De Boelelaan 1081
1081 HV
Amsterdam

Na afloop is er een receptie
U bent van harte welkom



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