

# Emotional demands at work and risk of depressive disorder: A nationwide Danish cohort study

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## CONCLUSION

- High emotional demands at work were associated with an increased risk of depression in both cohorts.
- The association was not explained by selection into occupations with high emotional demands.

## BACKGROUND

- Earlier studies find that high emotional demands at work are associated with increased risk of depression.
- However, previous studies have measured emotional demands using self-report.
- This study managed to account for the potential selection of individuals with increased risk of depressive disorder into occupations with high emotional demands.

## METHODS

- Data from The Danish Work Life Course Cohort (n=955,573) and the JEMPAD study (n=1,665,941).
- Emotional demands were measured annually by job exposure matrices.
- Depressive disorder was measured through registers on psychiatric hospital treatment.
- Analyses adjusted for a range of confounders including health services use before workforce entry, parental SES and psychiatric and somatic diagnoses.

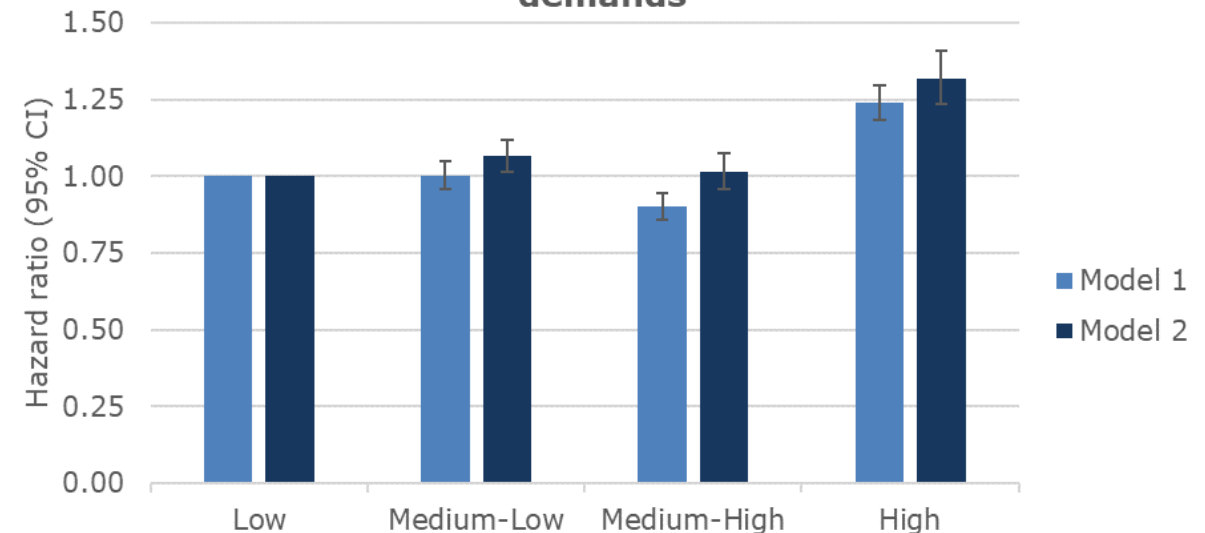
## RESULTS

- We found an increased risk of depressive disorder for employees in occupations with highest level of emotional demands.
- The association was similar with and without adjustment for confounders.

## MAIN MESSAGES

- Emotional demands may be associated with an increased risk of depressive disorder. Further research is needed to explore the potential for workplace prevention of high emotional demands.

## Risk of depression in relation to level of emotional demands



Results shown are from the JEMPAD population, results in DaWCo are similar. Model 1 estimates are adjusted for gender, age, cohabitation, ethnicity, income, and health services use in the year before. Model 2 estimates are further adjusted for job control, work-related violence, and physical demands at work.

**Funding:** The present study was funded by the Danish Working Environment Research Fund (Grant # 17-2014-03) and the NordForsk Nordic Program on Health and Welfare (Grant #75021).