

**ULTRA-SHORT DAILY BRIEFINGS FOR SICK-LISTED EMPLOYEES WITH PSYCHOLOGICAL PROBLEMS STRENGTHEN THE SENSE OF COHERENCE IN OCCUPATIONAL HEALTHCARE**

J. Nobori<sup>1</sup>, H. Ishida<sup>1</sup>, A. Inoue<sup>2</sup>, T. Yoshikawa<sup>3</sup>, E. Kimura<sup>3</sup>, K. Ishihara<sup>3</sup>

<sup>1</sup>Matsuyama Site, Panasonic Healthcare Co.Ltd., To-on, Japan ; <sup>2</sup>Department of Mental Health, University of Occupational and Environmental Health, Kitakyusyu, Japan ; <sup>3</sup>Department of Medical Informatics, Ehime University Graduate School of Medicine, To-on, Japan

**Introduction:**

There are no effective programs on return-to-work (RTW) despite an increase of stress related disorders. We developed an original rehabilitation program, 'Ultra-short daily briefings care (USD BC)'. USD BC is based on a key concept of European Framework for Psychosocial Risk Management (PRIMA-EF; WHO, 2008) that provides the good practice guidelines at the workplace. We carried out USD BC at the worksite of Panasonic Healthcare Co., Ltd. to determine whether USD BC facilitates RTW.

**Objectives:**

To develop and establish the appropriate intervention that reduces depressive severity of sick-listed employees.

**Aims:**

The aim of the study was to determine whether USD BC strengthen the sense of coherence (SOC; Antonovsky, 1985).

**Method:**

We compared two groups in a cross-sectional study design: 16 depressed RTW employees (USD BC group) vs. 121 healthy employees (control group) (Fig.1). USD BC group was received the instant face-to-face rehabilitation program in every workday (Fig.2). The primary outcome was the ability to cope with stress, measured by self-reported 13-items SOC scale for Japanese (Yamazaki, 1999).

**Results:**

In the USD BC group, significant changes were observed between baseline and measurement point in SOC score (40.3 vs. 54.4; 95% CI -20.6 to -7.5), whereas in the control group, no significant changes were observed (58.3 vs. 57.9; 95% CI -0.1 to 0.9) (Table.1).

**Conclusions:**

The study suggests that USD BC strengthen the depressed employees' SOC.

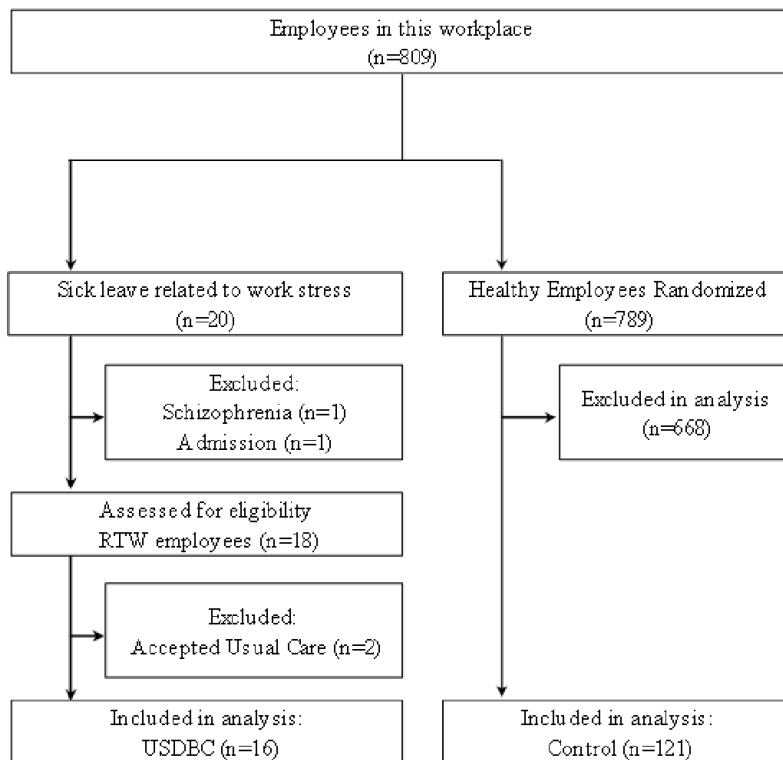


Figure 1. Participant flow chart

Flow diagram showing the selection of USD BC group and control group

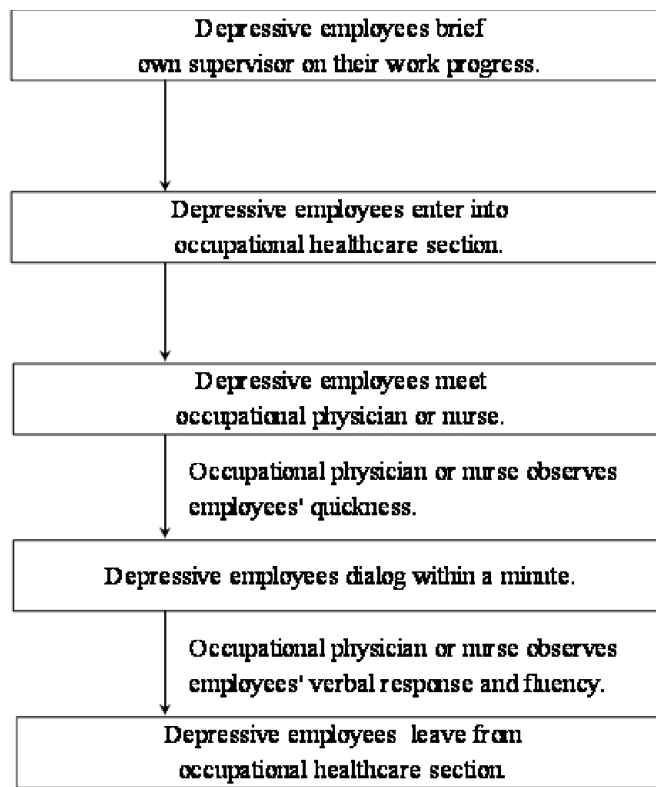


Figure 2. Intervention with USD BC

Depressive employees behave according to this flow in every workday.

	Gender		Median Ads (Range)	Mean SOC		95% CI	P-value
	Male	Females		Baseline (SD)	Measurement point (SD)		
USD BC group (n=16)	12	4	39 (32 - 55)	40.3 (12.4)	54.4 (8.8)	-20.6 to -7.5	< 0.001
Control group (n=121)	94	27	41 (21 - 59)	38.3 (9.4)	37.9 (10.1)	-0.1 to 0.9	0.10

Table 1. Subjects' characteristics and SOC

In the USD BC group, significant change was found between baseline and measurement point. In the control group, no significant change was found.