



Extending working life: what does health have to do with it?

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Methods

5,857 respondents to the 2008 or 2010 the Swedish Longitudinal Occupational Survey of Health (SLOSH) who were age (50-64 years), in gainful employment, and had answered to a question regarding wished retirement age in 2008 or 2010.

Results

In models adjusted for age, gender, education, marital status and occupational SES, we found that *chronic disease, physical symptoms, and suboptimal general health* were all independently associated with a reduced wish to work up to 65 years or older. A trend in OR suggested a dose-response effect.

In independent models focusing on mental health, both *current depressive symptoms* and *cognitive complaints*, but not psychiatric history, were independently associated with the main outcome.

Negative depressive symptoms such as *lack of interest* and *low energy*, and complaints about *lack of concentration* carried the associations with wished retirement age.

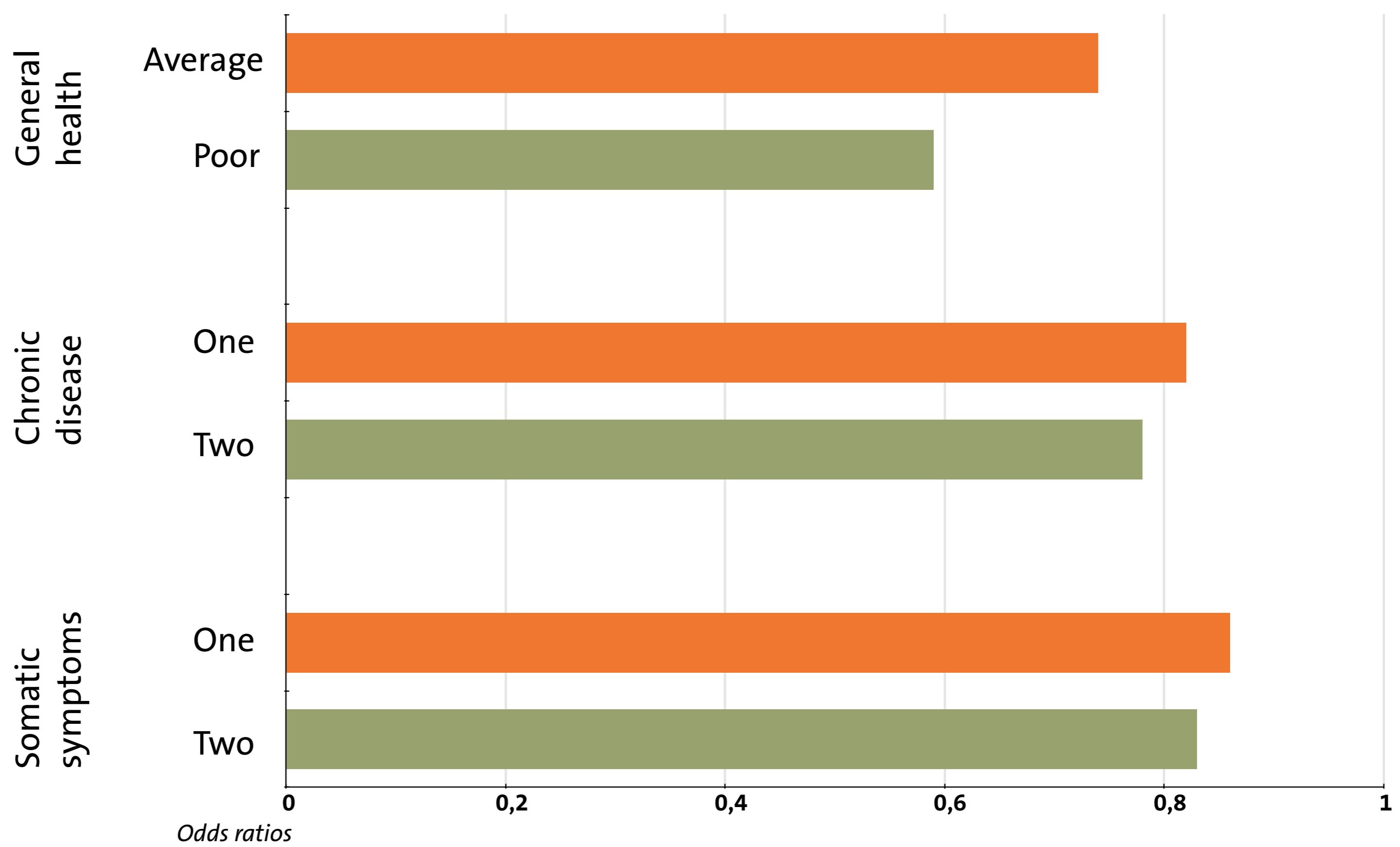
After mutually adjusting physical and mental health variables both physical and cognitive complaints were no longer significant (see figure).

Adjustment for *exhaustion due to work*, which was also associated to a reduced will to extend working life, removed the association with general health but association with chronic disease and depression remained significant in all models.

Conclusions

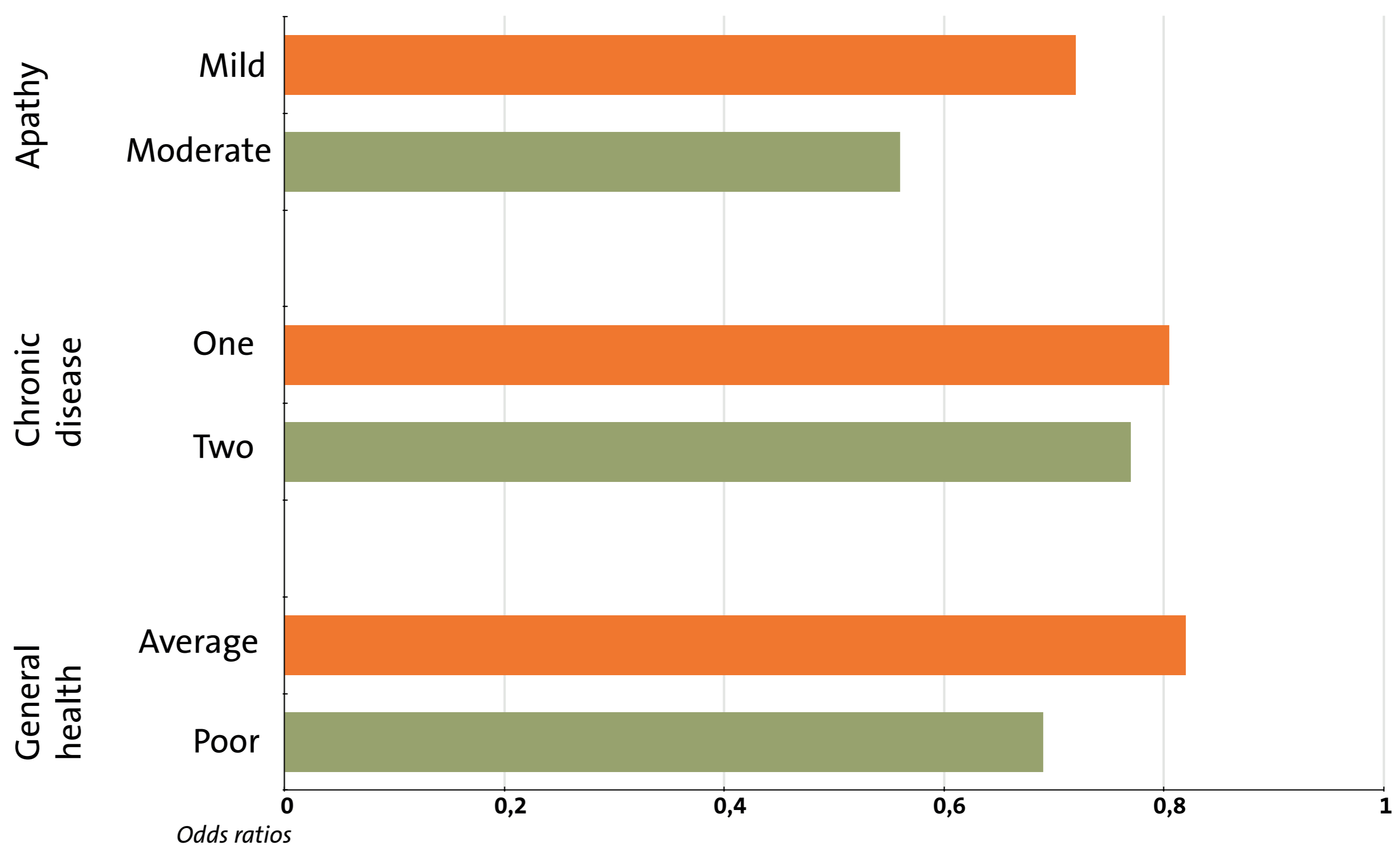
Both physical and mental health are relevant aspects in the retirement decision and can impact negatively on the wish to extend working life among older workers. While the association with subjective health may be mediated by work-related exhaustion, this does not apply to more severe health conditions.

Wishing to work 65+ and physical health



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Wishing to work 65+ and physical / mental health



CONTACT