



Less Stress Among the Unemployed

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Introduction and Aim

Many unemployed are too distressed to be able to take part in job search activities at the Employment Services. The aim of this project is to evaluate if a combination of psychotherapeutic methods, physiotherapy, and vocational guidance, can decrease psychological distress and increase employment levels in a sample of unemployed.

Material and methods

Participants

Three hundred unemployed men and women, proficient in the Swedish language, suffering from minor psychiatric morbidity but free from active misuse and/or major psychiatric illness, will be invited to participate in the study.

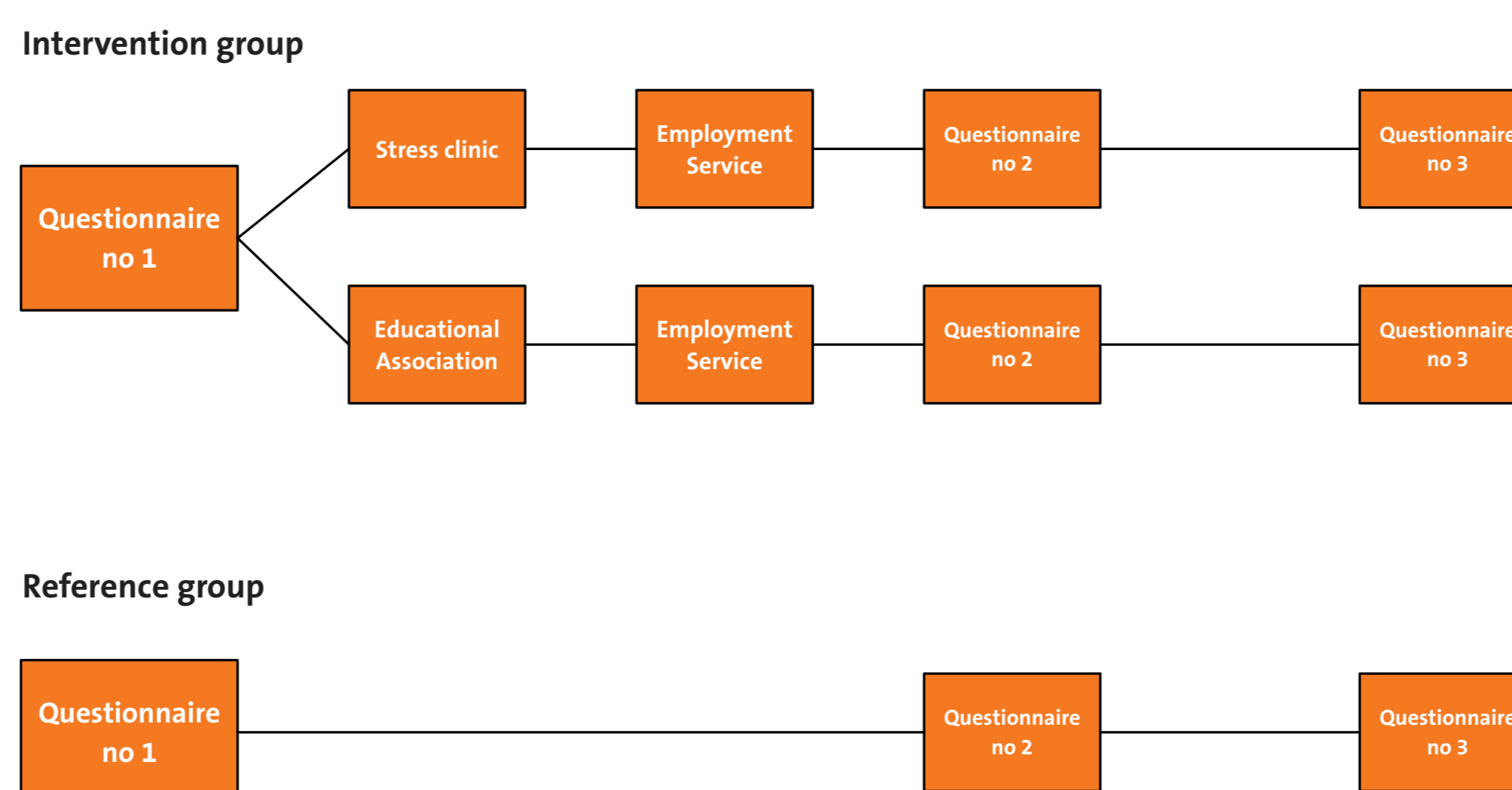
Procedure

All 300 participants will be asked to fill out questionnaires and undergo medical and psychological assessments. Out of 300, we assume that 200 will be included in the program. They will further on be randomized into: 1) a group based treatment consisting of 15 sessions of Acceptance and Commitment Therapy (ACT) at the Stress Clinic, 10 sessions of physiotherapy, and 5 sessions of vocational guidance, or to: 2) a study circle about cognitive behaviour therapy (CBT) for stress at the Educational Association, 10 sessions of physiotherapy, and 5 sessions of vocational guidance. A reference group taking part in the Employment Offices' "treatment as usual" will be recruited for comparisons.

Design

The study design is quasi-experimental, with two experimental groups and one reference group. Data will be collected by means of questionnaires before and after treatment, and at a 6-months follow-up.

Flowchart



Expected results

The results will increase our knowledge about the efficacy of interventions on the mental health of the unemployed and on their rates of return to work.