

Inclusion- and exclusion criteria

Population

Inklusion criteria

- Women and men in working age (target values 18–67 years)
- General population or a working population
- Working environments in Europe, North America, Australia and New Zealand

Exclusion criteria

- Students. Part time students can be included, if it is evident that they work part time
- Persons who never have been part of the working force and those who have left their occupational life at the start of the study

Symptoms and diseases

Inklusion criteria

For a study to be included in the project it had to be focused on conditions corresponding to a list of diagnoses and symptoms, and that the documentation had been made according to a specified method. No requirements were set on the level of symptoms (e.g. a little or a lot), nor how often or how long a person symptoms should have been present.

Symptoms of depression or burnout should have been recorded by use of one or several of the following methods:

- Diagnostic examination by a physician, a psychiatrist or another specialist trained for this task, regardless of diagnostic system (e.g. ICD, DSM or other classification system)
- Established rating scales with a pre-defined threshold to identify the condition
- Linear comparisons, in which symptoms of depression or symptoms of burnout are compared between groups of individuals based on established instruments
- Sick-leave due to symptoms of depression or symptoms of burnout
- Prescription of antidepressant medication.

Exclusion criteria

- Studies focused on manic episode or bipolar disorder.
- Studies where depression symptoms are due to some other diagnosis than those listed above, such as postpartum depression.
- Studies relating to injuries caused by an accident while traveling to or from the workplace

Occupational exposure factors

Inklusion criteria

The following overall work-related factors have been studied in relation to depression symptoms and symptoms of burnout. Studies including one or several of the aspects listed under each factor were included.

Physical exertion

- Force (intensity, temporal pattern, duration)
- Posture (intensity, temporal pattern, duration)
- Movements (intensity, temporal pattern, duration)

Organizational and psychosocial factors

- Demands and control (especially the job demand-control model)
- Work load (especially the effort-reward balance model). Work load can include different aspects, e.g. precision, concentration or emotional demands
- Social support and social relations
- Skill discretion
- Conflicts, violence and harassment
- Work hours
- Job insecurity

Chemical and biological factors

- Air pollution or tobacco smoke
- Human excretions
- Skin contact with chemicals or oil
- Chemicals

Noise

- Noisy environment

Vibration

- Whole body vibration
- Vibration from hand held tools

Other physical factors

- Radiation
- Work in heat or cold
- Indoor or outdoor work

Contagious substances

- Work with infected material, sick humans or sick animals

The above work-related factors could be quantified in the following ways:

- Self-reports, e.g. through questionnaires
- Interview

- Observation method, directly or indirectly, for example via filming
- Technical measurement

Exclusion criteria

Studies in which the work conditions are too vaguely described have been excluded, such as

- Studies that only use professional title as a proxy for occupational exposure
- Studies that focus on factors other than the above, such as depression due to personal life events
- Studies in which the occupational exposure is quantified by self-reports after the onset of symptoms of depression, and symptoms of burnout

Confounders

Each study should consider the following confounders:

- Age
- Gender

If possible, a study should consider the following confounders:

- Smoking
- Overweight or obesity (BMI)
- Alcohol intake
- Leisure time physical activity
- Home situation
- Family history, and the individual history, of previous illnesses
- Education
- Income

Outcome measures

Association (odds ratio, relative risk etc) between occupational exposure and symptoms of depression and symptoms of burnout, respectively

Study design

Inklusion criteria

- Controlled/randomized studies
- Cohort studier
- Case-control studies

Exclusion criteria

- Case descriptions
- Animal studies
- Studies solely focused on health economy, e.g. cost of disease and illnesses
- Studies not addressing any specific occupational exposure, e.g.
 - Studies focused on treatment
 - Studies focused on prognosis
 - Studies focused on sick leave or rehabilitation
- Studier including less than 100 exposed participants

Publication type, language and publication year

Inklusion criteria

- Original studier
- Commentary
- Studies published in peer-reviewed journals
- Studies in Swedish, Norwegian, Danish or English
- Studies published from year 1990 and onward

Exclusion criteria

- Conference proceeding
- Letters and editorials