

## **Gender differences in job strain lifestyle and health outcomes: A study of Swedish organizations**

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The purpose of the study was to investigate possible gender differences in job strain. The demand-control model was used. Job strain was associated with neck/back pain, depression and lifestyle. The study was cross-sectional. The participants in the study included 3,977 employees (966 women and 3,011 men) in the private sector and 8,379 (6,674 women and 1,705 men) in the public sector in Sweden. A logistic regression was performed to investigate the association between job strain and neck/back pain, depression and lifestyle. The preliminary results showed that women were more likely to be in high-strain work than men in both sectors. Job strain was associated with neck/back pain and lifestyle but not with depression. Background factors and work/private balance were included in the logistic regression models with job strain. The result showed that also age and experienced that work has a negative effect on private life was related to neck/back pain, depression and lifestyle. These findings applied to both men and women.