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Employment at Midlife Among Individuals with Schizophrenia: a Register Based Analysis Within the Northern Finland Birth Cohort 1966

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Introduction: Employment is important from the point of view of social inclusion and quality of life in individuals with schizophrenia.

Objectives: To explore employment status in individuals with schizophrenia.

Aims: To examine register based employment and disability pension in average 20 years after onset of schizophrenia and compare those to population controls.

Methods: Individuals in the Northern Finland Birth Cohort 1966 (NFBC 1966; n=10277) were linked with the registers of Care Register of Health Care, Social Insurance Institution and Finnish Centre for Pensions. Individuals were considered as having schizophrenia, if they had diagnosis until the end of 2006. The sample included 161 individuals with schizophrenia (1.6% of all NFBC 1966 members). Good occupational outcome was defined as working at least 50% of the days during the two-year follow-up (2010 - 2011, age 44-45 years) and not being on disability pension, and poor occupational outcome as being on disability pension.

Results: At the follow-up, 63% of the individuals with schizophrenia had poor and 6% had good outcome. Corresponding figures for population controls without schizophrenia were 4% and 69% (p<0.001). In the congress, we will report also results regarding early biological and psychosocial risk factors of employment status.
Conclusions: Employment rate at midlife in individuals with schizophrenia is low. Better ways of occupational rehabilitation are needed to support employment in individuals with schizophrenia.