

Cognitive impairments in patients with work-related stress: A clinical cross-sectional study

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Background

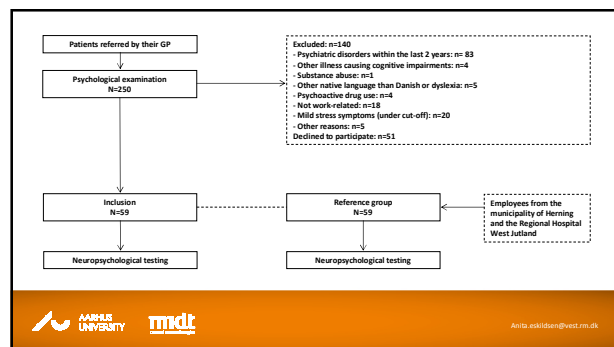
- Patients with work-related stress often complain about cognitive impairments
- Previous studies show inconsistent results
- Methodological limitations
 - Small sample sizes
 - Inadequate matching
 - Different target groups – including major depression

Study aim:

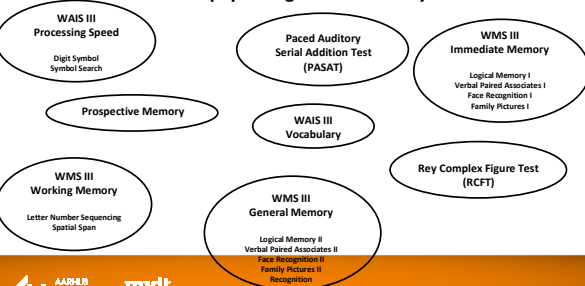
To examine whether patients with work-related stress complaints, have cognitive impairments compared to healthy matched controls without stress

Definition of work-related stress:

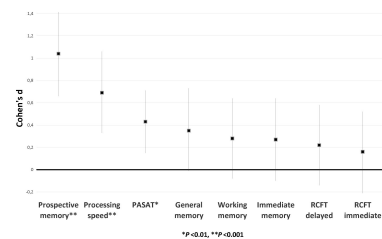
A process, in which an individual perceives work-related threats or demands as being more than the individual can handle and thereby negatively affecting the psychological and/or physiological state of the individual.



Neuropsychological test battery



Differences in neuropsychological performance between patients and controls



Discussion

- The largest impairments found
 - Prospective memory
 - Processing speed
 - Sustained attention
 - Complex working memory
- Could indicate that the impairments are related primarily to dysfunctions in prefrontal cortex

Limitations

- Large heterogeneity of the patient group
 - Duration of symptoms
 - Type of stressor
- Cross-sectional design
 - Causality?
 - Temporary or permanent?

Acknowledgement

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