

Exhaustion disorder

background and recent research

STRESSBEHANDLINGSKONFERENCEN 2019
KØBENHAVN

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Exhaustion disorder

Why a new nosological term?

The stress disorders

in the DSM and the ICD

- Acute stress
 - Adjustment disorder
 - Acute stress disorder (ASD)
 - Posttraumatic stress disorder (PTSD)
- **Chronic stress?**

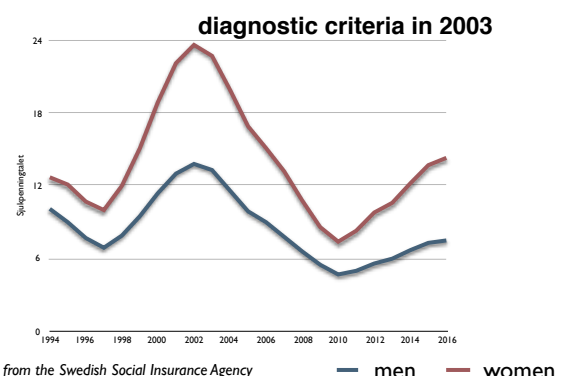
Depression is a common complication

Type of stress	Syndrome	Clinical picture
Life crisis	Adjustment disorder	Prolonged or exaggerated affective reaction
Acute, life-threatening	ASD, acute stress disorder	Fluctuating intense affects, dissociation, confusion, autonomic arousal
Life-threatening, late reaction	PTSD	Flashbacks, anxiety, avoidance, autonomic arousal
Chronic	Exhaustion disorder	Fatigue, sleep disorder, cognitive problems, stress intolerance
Chronic, late reaction	Physical illness	Cardiovascular disorders, cancer

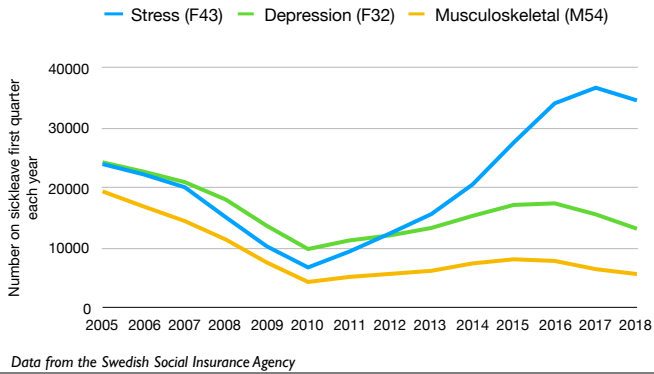
Type of stress	Syndrome	ICD-10 code
Life crisis	Adjustment disorder	F 43.2
Acute, life-threatening	ASD, akut stressyndrom	F 43.0
Life-threatening, late reaction	PTSD	F 43.1
Chronic	Exhaustion disorder	F43.8A

Sick listing in Sweden

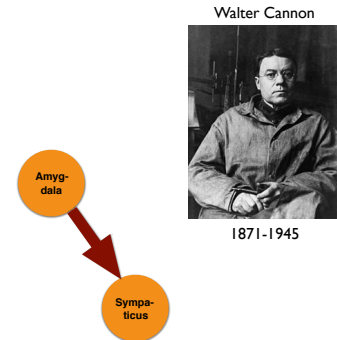
Days on sick leave per number of insured, 16-64 years, dec 1994-dec 2016



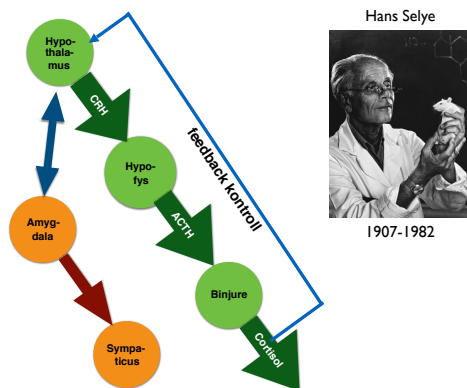
Stress disorders account for the increase in sick leave



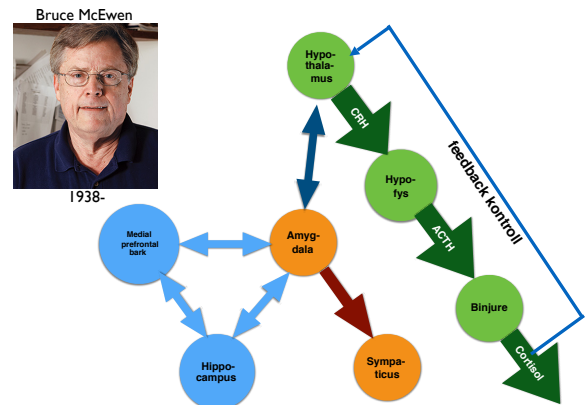
The stress systems



The stress systems



The stress systems

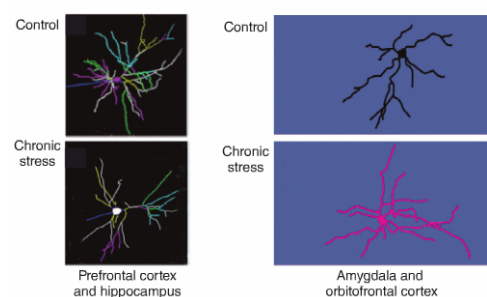


Stress is adaptive and may save your life

but can lead to health problems under certain circumstances

1. failure to cope with an acute threat, overwhelmed
2. threat is chronic and there is no opportunity for recovery

Stressed rats



Bruce McEwen, Nature 2012

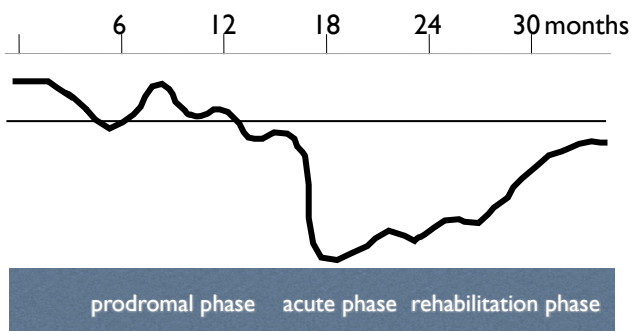
The core symptoms of exhaustion disorder

- fatigue
- cognitive dysfunction
 - attention, orientation, language, memory, concentration
 - typically episodic, when under stress
- sensitivity to stress

Kært barn har mange navne ...

Neurasthenia (1869)
 Trötthet ("fatigue") (Lundby 1947)
 Erschöpfungsdepression (1950-tal)
 Chronic stress (1970-tal)
 Clinical burnout, severe burnout (1960-tal)
 Exhaustion depression (1998)
 Exhaustion disorder (2003)

It takes some time to reach "the wall"



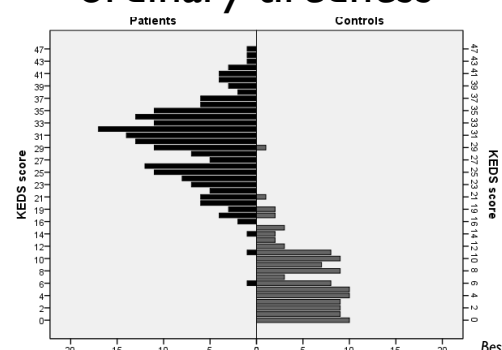
Karolinska Exhaustion Disorder Scale, KEDS

- | | |
|---------------------------|--|
| 1. Ability to concentrate | 6. Sleep |
| 2. Memory | 7. Hypersensitivity to sensory impressions |
| 3. Physical stamina | 8. Hypersensitivity to demands |
| 4. Mental stamina | 9. Irritation and anger |
| 5. Recovery | |

KEDS på dansk

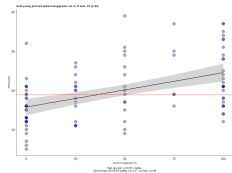
oversættelse Jesper Kristiansen 2015

KEDS differentiates between exhaustion disorder and ordinary tiredness

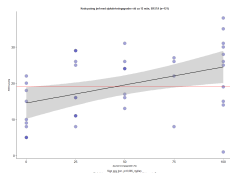


Besør & al. 2013

KEDS score is related to degree of sick leave

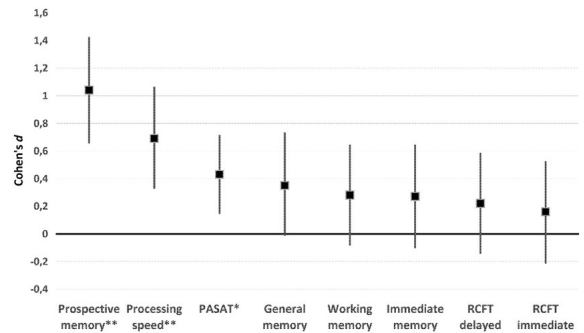


Danderyd stressrehab, n = 95



Ersta psykklin, n = 121

Cognitive problems in exhaustion disorder



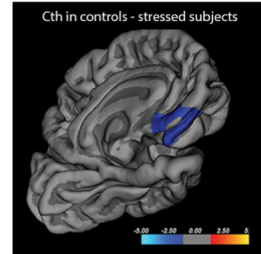
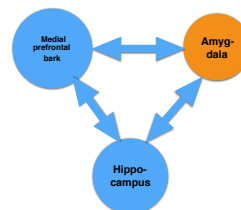
Eskildsen m fl 2015

Padden

- KEDS
- Neropsych
- ErCols
- MADRS
- "fake bad" scale

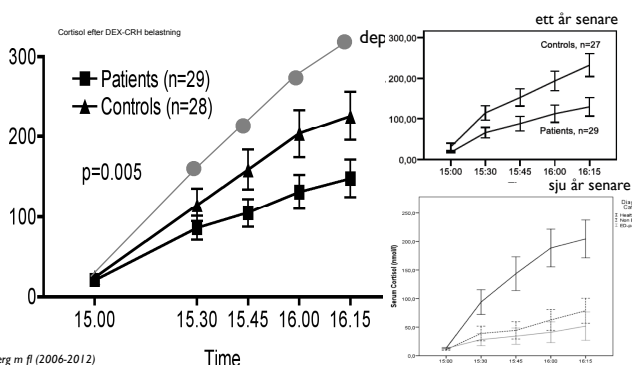


Thinning of the prefrontal cortex in exhaustion disorder



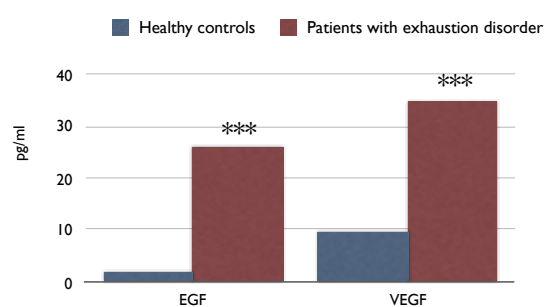
Ivanka Savic-Berglund 2013: Structural Changes of the Brain in Relation to Occupational Stress

HPA axis dysfunction in exhaustion disorder



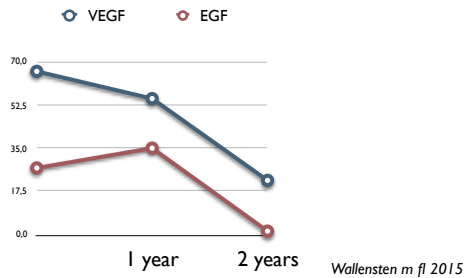
Wahlberg m fl (2006-2012)

Increased concentrations of EGF and VEGF in exhaustion disorder

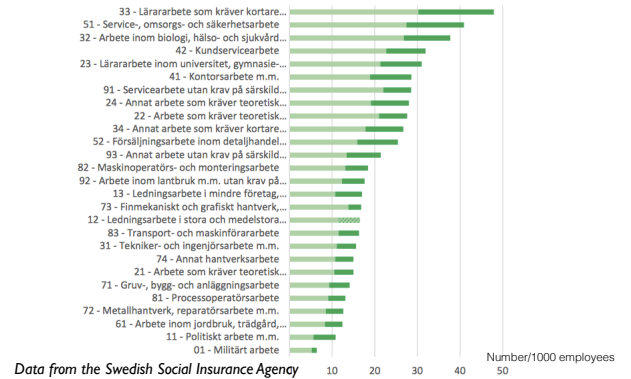


Johanna Wallensten m fl 2015

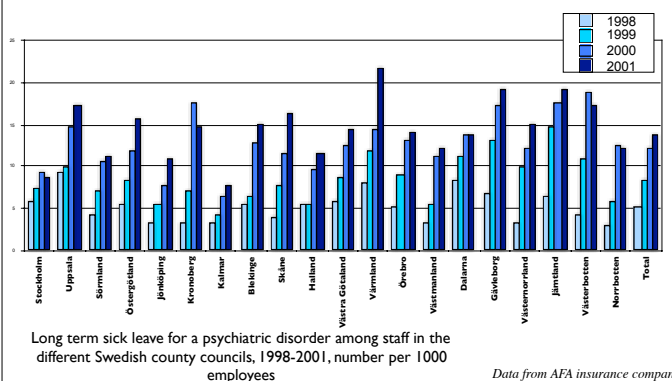
Abnormal levels of VEGF and EGF are normalised after 2 years



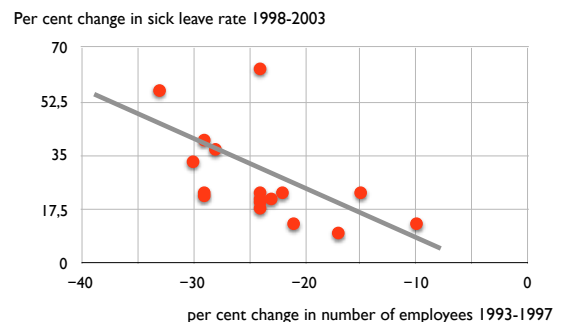
Sick leave for a psychiatric problem in 2010 and 2014



Regional differences in psychiatric sick listing



More downsizing in county councils is associated with more sick leave among remaining employees 5 years later



Factors that cause job stress

according to Christina Maslach

- Workload
- Control
- Reward
- Relations
- Fairness (bullying!)
- Values (stress of conscience!)

Work can promote health

- Meaningfulness
- Autonomy
- Social connectedness
- Dignity

according to Wolfgang Rutz

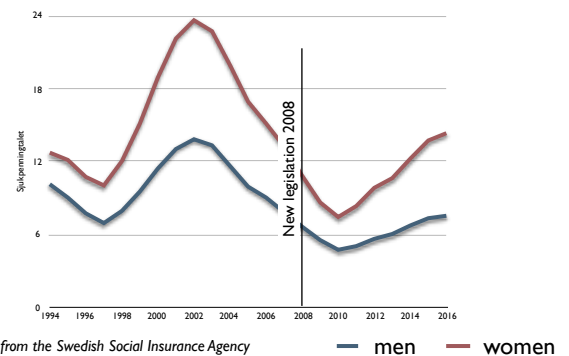
How should Exhaustion Disorder be treated?

Whip or carrot?



Sick listing in Sweden

Days on sick leave per number of insured, 16-64 years, dec 1994-dec 2016



Many RCT:s, few effects

CBT	Qi gong	Forest therapy
ACT	Physiotherapy	Job coach
Group CBT	Physical exercise	ADA - job related
Group psychodyn.	Mindfulness	
Internet-CBT	Garden therapy	(Medication)

CBT in exhaustion disorder

T. Stenlund et al. 2012

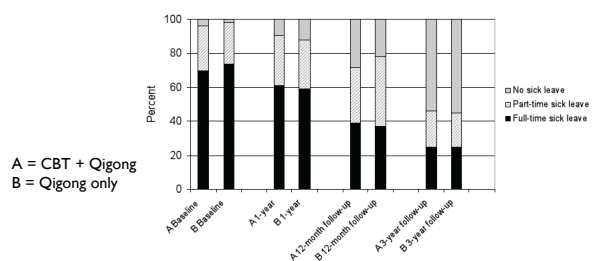
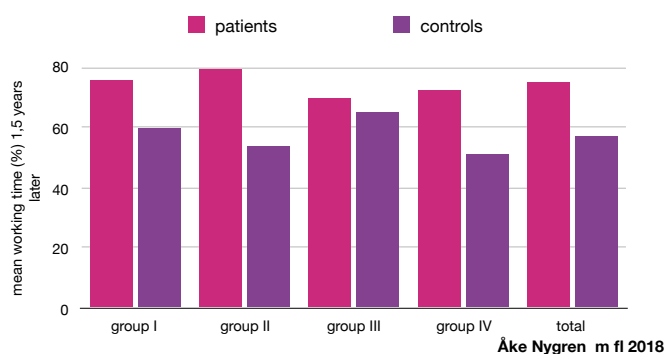


Fig. 3. Full-time, part-time or no sick leave for patients in rehabilitation programmes A (n=57) and B (n=49) at baseline, 1-year rehabilitation, 12-month and 3-year follow-up. Data collected from registers at the Swedish Social Insurance Agency.

Residential multimodal rehabilitation of teachers



Can exhaustion be prevented?

YES!

- Individuals: Stress reduction, coping
- Work groups: Reflecting peer support groups
- Work leaders: Education, peer support groups

Psyk-E bas arbete

- For first-line and middle managers
- Six brief lecture videos on work related stress, stress disorders, work group psychology, health promoting leadership and stress prevention at the workplace by the best Swedish experts on the topics
- Videos displaying difficult workplace situations for discussion
- Study groups, 8-10 people

The end

More questions? Ideas??

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