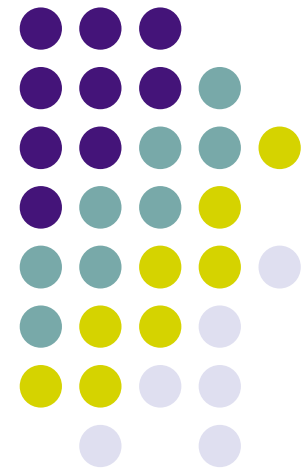# Re-integration at work and socially

Mag. Brigitte Hueber

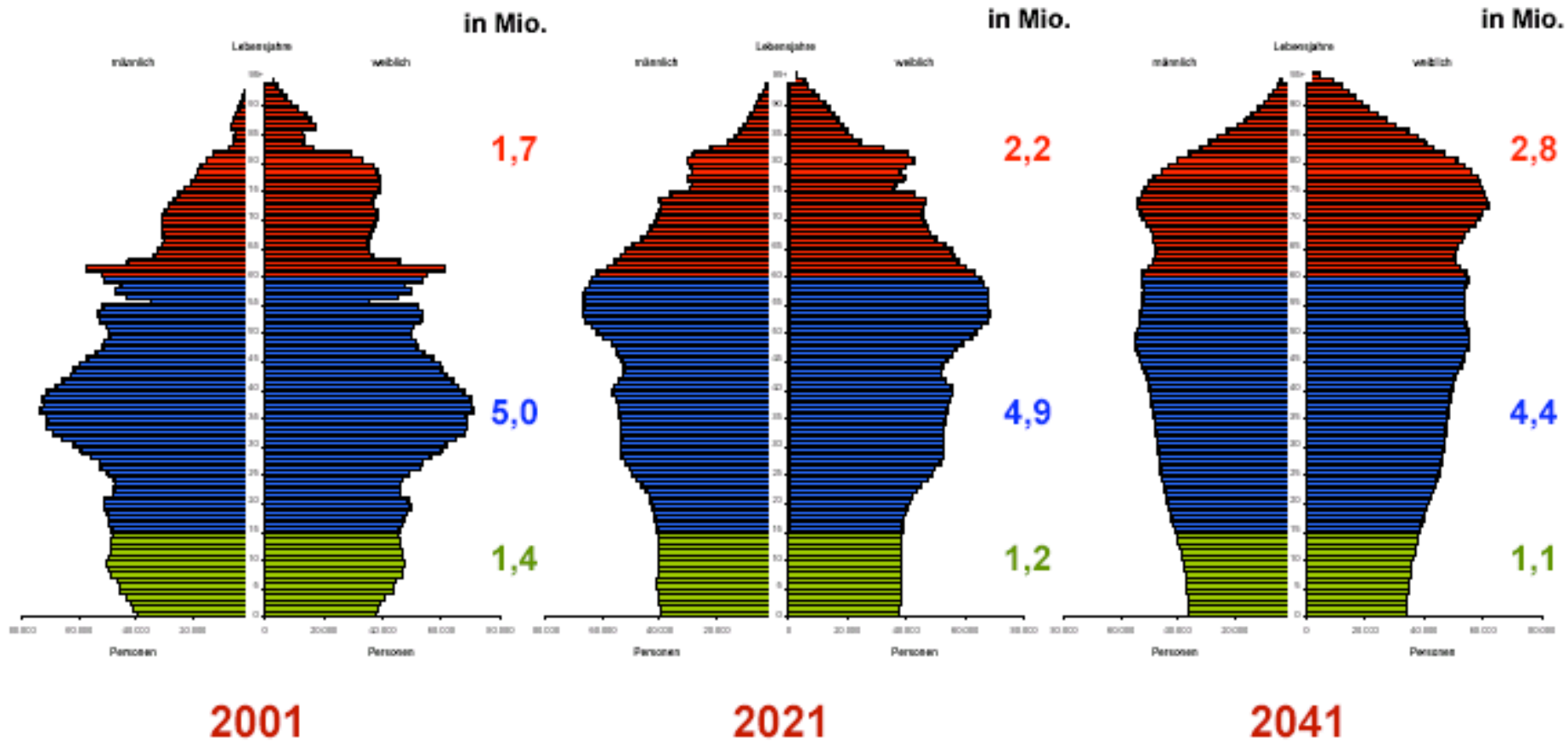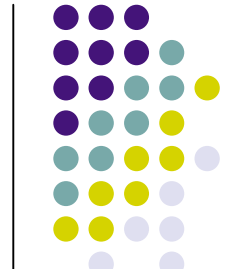Institut for psychosomatic psychology

Initial Situation

- Stress at work and in private life has increased.

- Our goal is to pick up people in organisations which are on the way to become sick.
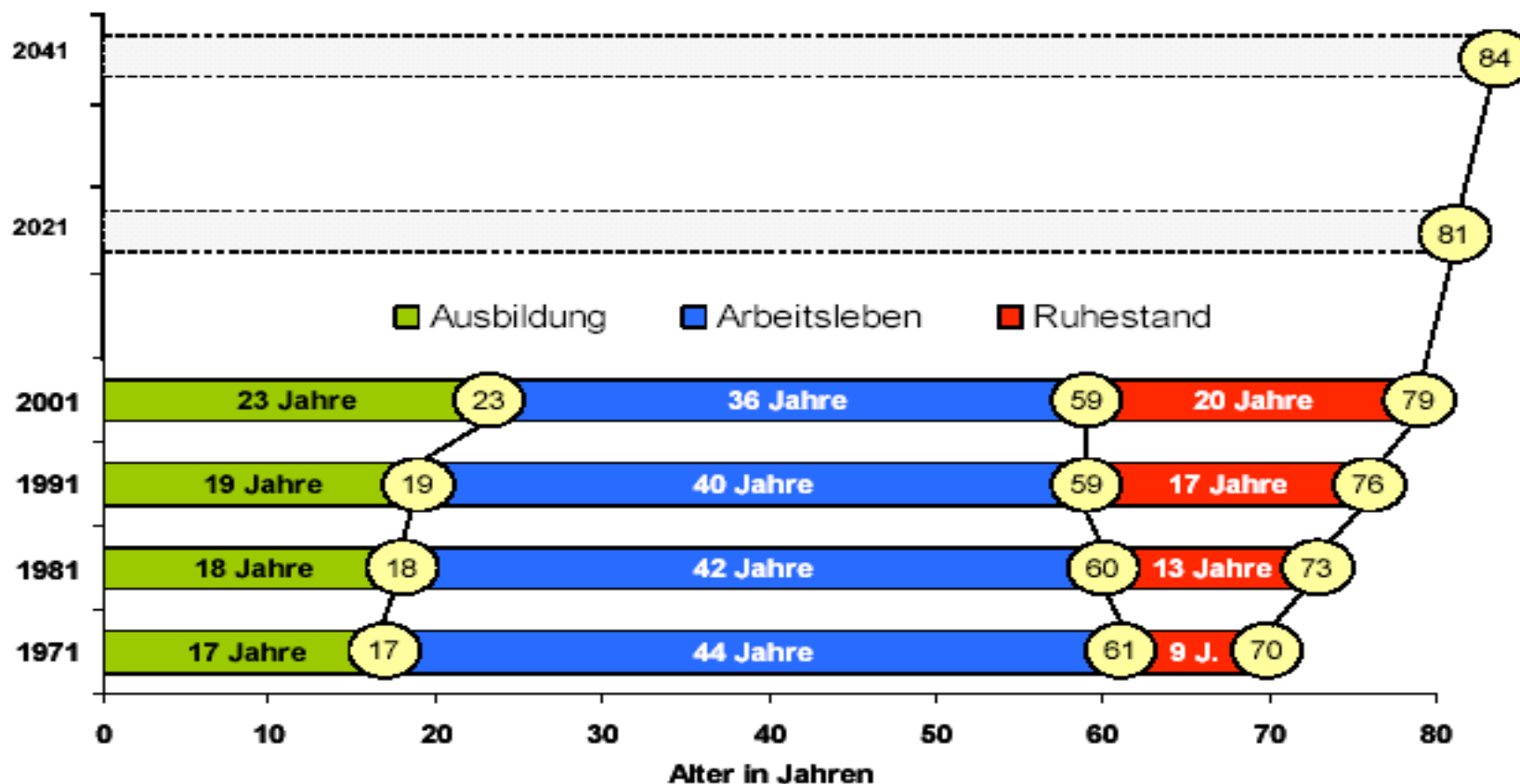
- Sickness of stress and beeing overloaded by work.

Quelle: Statistik Austria

Durchschnittlicher Lebenszyklus der Menschen in Österreich 1971 – 2001 zuzüglich Lebenserwartungsprognose bis 2041

Quelle: Statistik Austria, berechnet mittels Erwerbsquoten (Volkszählung bzw. Mikrozensus Jahresdurchschnitt)
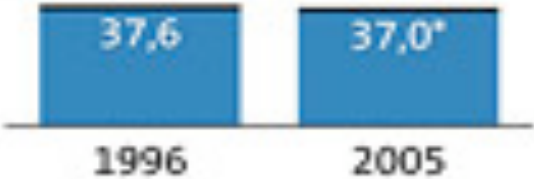
Be away sick in 2005 Austria

Wieder mehr Krankenstände

Durchschnittliche Krankenstandsdauer eines Beschäftigten – Tage pro Jahr

Grafik: © APA, Quelle: Hauptverband, Foto: dpa

APA

14,0   14,4   12,8*

12,2

Krankenstandstage gesamt (Mio.)

37,6	37,0*
1996	2005

*Vorläufig

'96 '97   '99   '01   '03   '05

Method

- Biofeedback
- Psychotherapeutic treatment
- Coaching

BIOFEEDBACK

- Heart rate
- Skin temperature
- Blood pressure
- Muscle contractions
- Respiration
- Skin conductance

Effects of Biofeedback

- The body awareness becomes better
- Anxious clients learn to relax
- Stroke victims regain movement in paralysed muscles
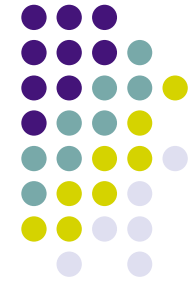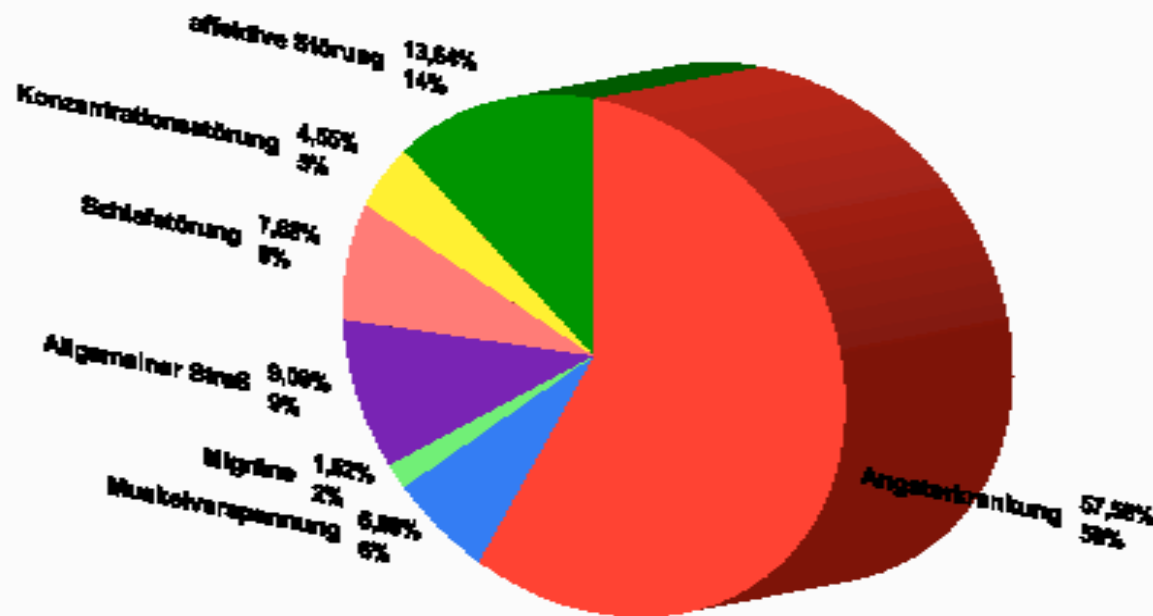- Pain Patients can minimise their harm (Migraine)

Random test

- People who are working
- People who are away sick
- Long time away sick
- People out of work
- Long term out of work

Female

Diagnoseverteilung bei Frauen

affektive Störung 13,64% 14%
Konzentrationsstörung 4,55% 5%
Schlafstörung 7,58% 8%
Allgemeiner Streß 9,09% 9%
Migräne 1,52% 2%
Muskelverspannung 6,06% 6%
Angsterkrankung 57,58% 58%

Diagnose ICD 10
- Angsterkrankung
- Muskelverspannung
- Migräne
- Allgemeiner Streß
- Schlafstörung
- Konzentrationsstörung
- affektive Störung

Kreise zeigen Prozent

Diagnosis in Females
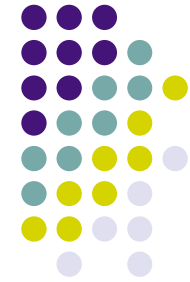
	Frequency	Percentage	Accumulated
Anxiety Disorder	40	58.8	58.8
MuscleTension	4	5.9	64.7
Migraine	1	1.5	66.2
General Stress Burnout	6	8.8	75.0
Sleep Disorder	5	7.4	82.4
Concentration Disorder	3	4.4	86.8
Affective Disorder	9	13.2	
Total	68	100	100

Intensity of ailments in females at beginning of therapy
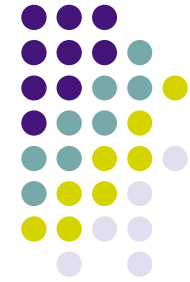

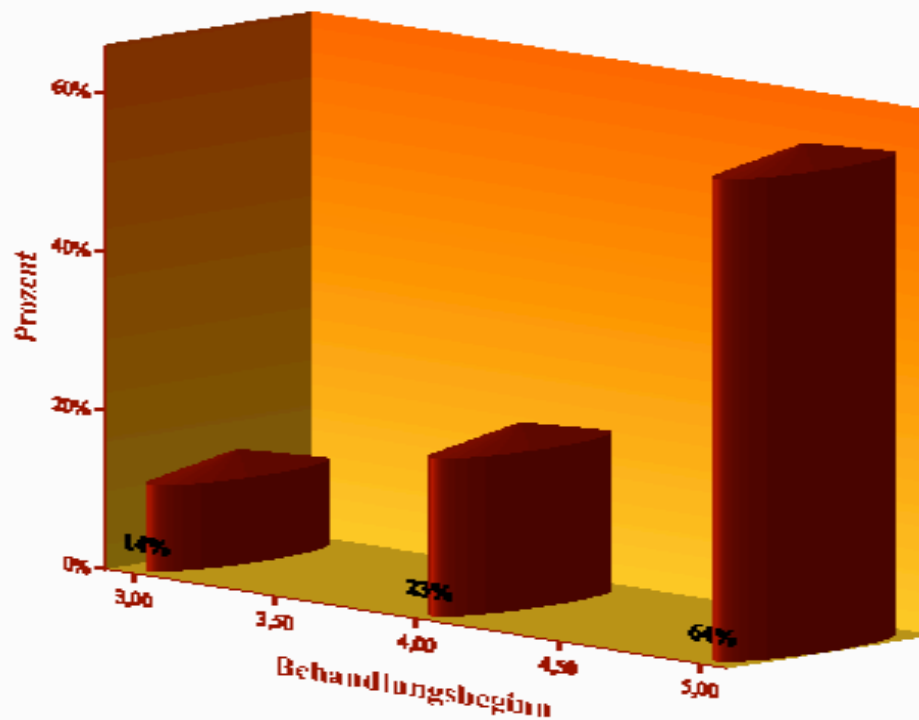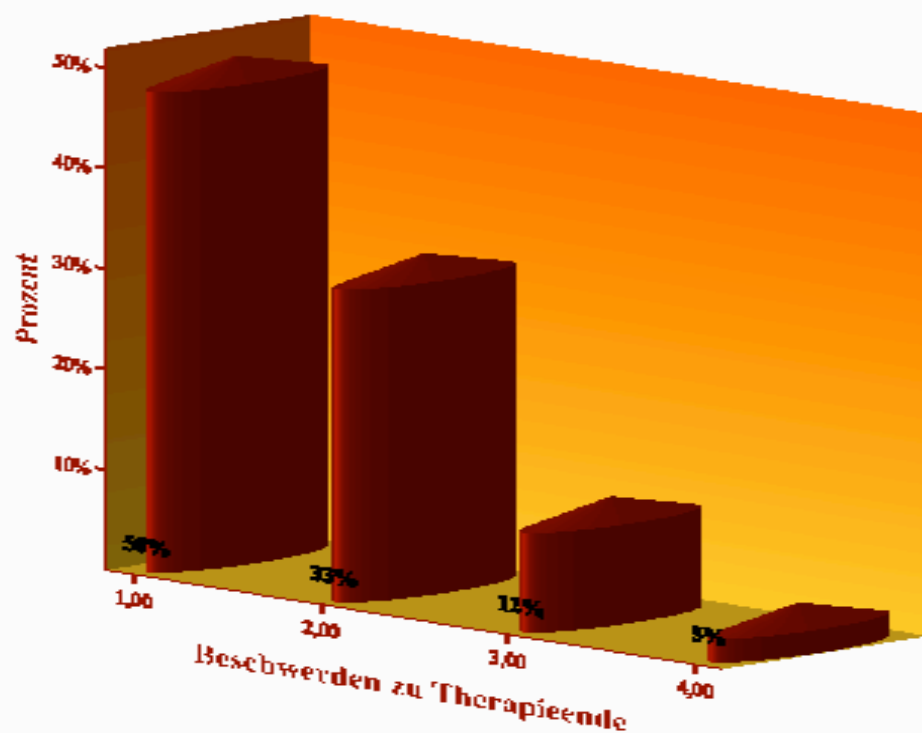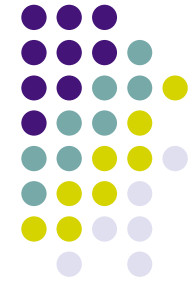Abb: Beschwerden zu Beginn der Behandlung bei Frauen

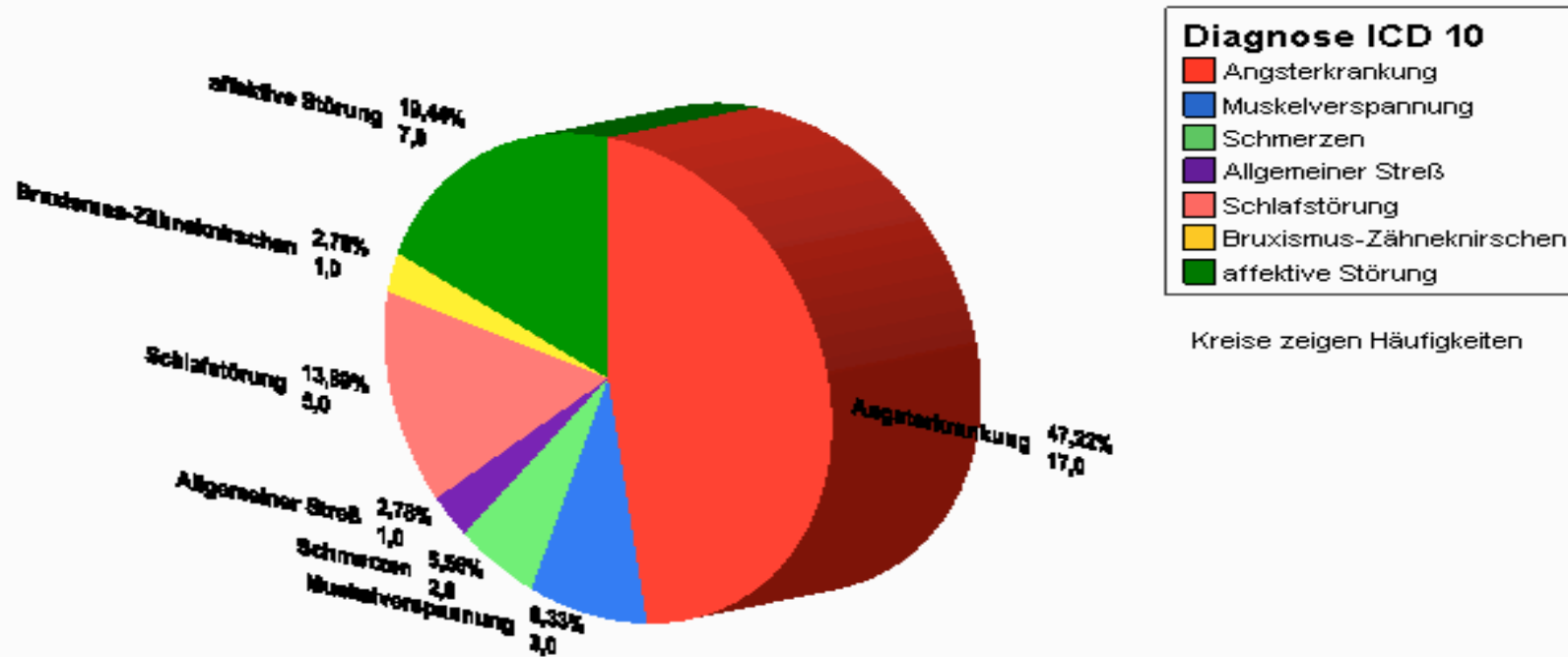# After end of therapy group 5 no longer existed (highet pain management group)

Abb: Beschwerden zu Ende der Behandlung bei Frauen

Diagnosis Distribution in Males

Diagnosis Distribution in Males

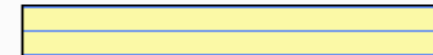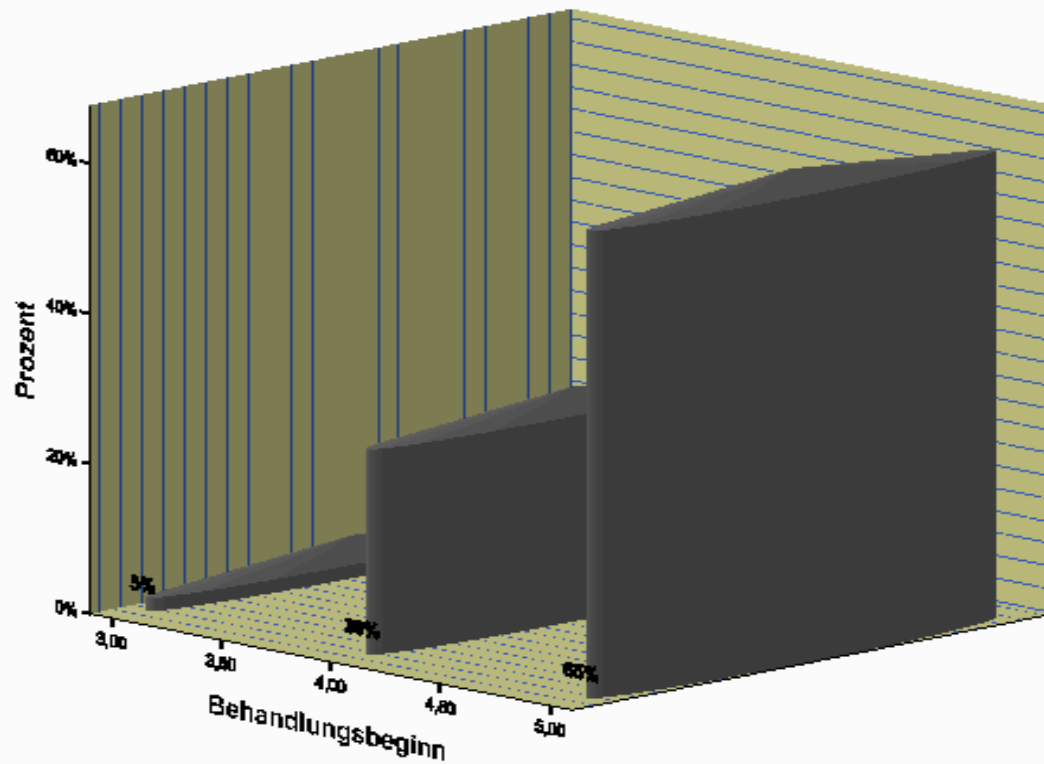|	Frequency	%	accum %
Anxiety Disorder	24	48.0	48.0
Muscle Tension	3	6.0	54.0
Hypertension	2	4.0	58.0
Pain	2	4.0	62.0
Burnout	1	2.0	64.0
Sleep Disorder	9	18.0	82.0
Bruxism	1	2.0	84.0
Affective Disorder	8	16.0	
Total	50	100	100

Ailments in males at beginning of therapy
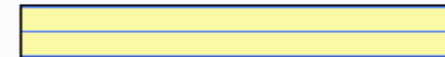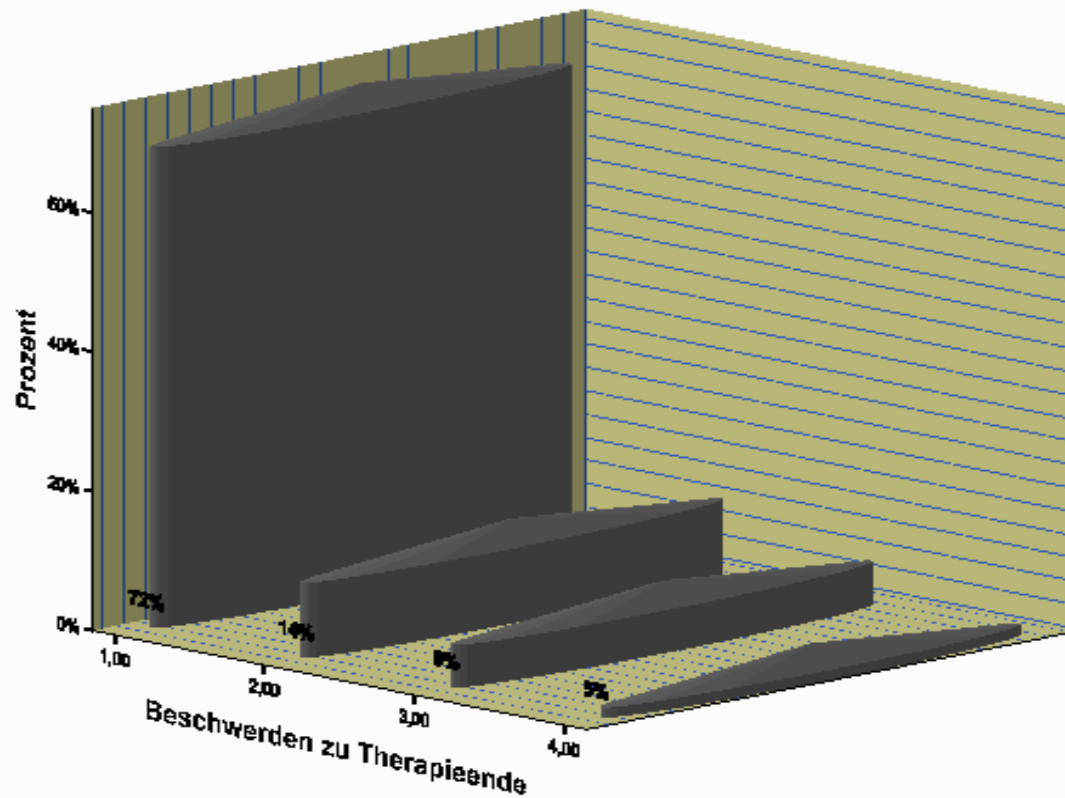

Beschwerdeintensität zu Behandlungsbeginn

Group 5 no longer existed and 72% belonged to group 1 (free of symptoms)

Beschwerdeintensität zu Therapieende

Casevignette

- Female 23 years since 8 years panic attacks she could not leave her home without company.

  After 24 sessions she goes again by train, she makes a driving licence and began a development as social worker.

Case

- Male 42 years since 1,5 year panic attacks

  He broke his spinal column he also suffers of gastritis and he has difficulties by walking. After 8 sessions his panic attacks vanished, his gastritis and his going difficulties are gone.