

# CLAHRCBITE

Brokering innovation through evidence

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## Depression reduces return to work after hospital admission for unintentional injury



### Results

Higher depression scores in the first month after injury, longer hospital stays and stressful life events after the injury all reduced the likelihood of returning to work 2-12 months after injury.

### Who needs to know?

Injured patients, GPs, occupational health services, trauma services, physiotherapists, occupational therapists, mental health professionals, rehabilitation specialists, relevant charities and patient organisations.

## What did we do:

273 working adults admitted to hospital after an unintentional injury (e.g. falls, road traffic injuries, sports injuries) were followed up for one year to assess the impact of their injury, and subsequent psychological problems on returning to work. Participants completed questionnaires within 3 weeks of their injury, and 1, 2, 4 and 12 months later. Questionnaires measured demographic and injury details, anxiety, depression, post-traumatic distress, alcohol and drug use, social functioning and support, stressful life events after the injury and return to work.

## What we found and what does this mean:

Higher depression scores one month after injury (OR for one-unit increase in score 0.87, 95%CI 0.79-0.95), more days spent in hospital (OR for each additional day 0.91, 95% CI 0.86-0.96) and stressful life events after the injury (OR 0.27, 95% CI 0.10-0.72) all reduced the odds of returning to work 2-12 months after injury. Health professionals caring for injured patients can identify depression, help patients manage depression and provide support to return to work.

## What next:

The findings from this study are being used to develop a programme to help injured adults make a successful return to work. If this programme proves feasible to implement, it will be tested in a large scale randomised controlled trial.

## Evidence:

Kendrick D, Dhiman P, Kellezi B, Coupland C, Whitehead J, Beckett K, Christie N, Sleney J, Barnes J, Joseph S, Morriss R. Psychological morbidity and return to work after injury: multicentre cohort study. *Br J Gen Pract.* 2017 Aug;67(661):e555-e564. doi: 10.3399/bjgp17X691673. Epub 2017 Jun 19.

## What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

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