

Press release

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Basic information

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Department of: Public Health

Main supervisor: Claus Vinther Nielsen, MD, PhD, Professor, Department of Public Health, Aarhus University, Denmark

Title of dissertation: "Return to work in employees undergoing chemotherapy for cancer - the role of physical activity and self-efficacy"

Date for defence: 24.02.2020 at (time of day): 13.00-16.00 Place: MarselisborgCentret, Fællesfaciliteterne, P.P. Ørums Gade 11, byg. 8, Aarhus C

Press release (Danish)

Tilbagevenden til arbejde under og efter en kræftsygdom - betydningen af fysisk aktivitet og self-efficacy

Nuværende og tidligere kræftpatienter har flere sygedage, lavere produktivitet, øget behov for reduceret arbejdstid samt øget risiko for arbejdsløshed og førtidspension sammenlignet med den almene befolkning. I et nyt ph.d.-projekt fra Aarhus Universitet, Health, er betydningen af fysisk aktivitet for kræftpatienters tilbagevenden til arbejde blevet undersøgt. Projektet er gennemført af Rikke Smedegaard Rosbjerg, der forsvarede det d. 24/02 2020

Talrige undersøgelser understreger fordelene ved fysisk aktivitet for kræftpatienter. Fysisk aktivitet under kræftbehandling er forbundet med øget psykologisk velbefindende, øget livskvalitet og reduceret træthed. De mulige positive effekter af fysisk aktivitet for kræftpatienters tilbagevenden til arbejde er dog kun sparsomt belyst. Formålet i denne ph.d. var at undersøge, om fysisk aktive kræftpatienter kommer hurtigere tilbage på arbejde end fysisk inaktive kræftpatienter, samt at undersøge betydningen af såkaldt self-efficacy i samspillet mellem fysisk aktivitet og arbejdsliv. Der blev i projektet indsamlet spørgeskemadata og registerdata på 217 kræftpatienter, som modtog kemoterapi på Aarhus Universitets Hospital i perioden fra november 2016 til maj 2018. Alle deltagere blev fulgt i 12 mdr. efter opstart af kemoterapi. Viden om faktorer med betydning for kræftpatienters tilbagevenden til arbejde er vigtig i udviklingen af fremtidige rehabiliteringstilbud til kræftpatienter. Forsvaret af ph.d.-projektet er offentligt og finder sted den 24/02 2020 kl. 13-16 på MarselisborgCentret, Fællesfaciliteterne, P.P. Ørums Gade 11, byg. 8, Aarhus C. Titlen på projektet er "Return to work in employees undergoing chemotherapy for cancer - the role of physical activity and self-efficacy". Yderligere oplysninger: Ph.d.-studerende Rikke Rosbjerg, e-mail: Rikke.Rosbjerg@stab.rm.dk, tlf. +45 60914949.

Bedømmelsesudvalg:

Professor Anders Bonde Jensen, MD, PhD (chairman)

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Aarhus University Hospital

Professor Magnus Sverke, MSC, Psychology, PhD

Department of Psychology

Stockholm University

Associate professor Karsten Thielen, MD, PhD

Section of Clinical Social Medicine

Frederiksberg Hospital

Press release (English)

“Return to work in employees undergoing chemotherapy for cancer - the role of physical activity and self-efficacy”

People with current or previous cancers have more sick days, lower productivity, reduced working hours and are at increased risk of unemployment and early retirement, compared to the general population. The association between physical activity and return to work in cancer patients has been examined in a new PhD project from Aarhus University, Health. The project was carried out by Rikke Smedegaard Rosbjerg, who is defending her dissertation on 24/02 2020.

Numerous studies underline the benefits of physical activity for cancer survivors. Physical activity during cancer treatment is associated with increased psychological well-being, quality of life, and reduced fatigue. The possible effects of physical activity on the work lives of cancer survivors have received less attention. The aim of the present PhD was to examine whether physically active cancer patients return to work faster than sedentary cancer patients and furthermore, to examine the role of so-called self-efficacy in the interaction between physical activity and work. In the project, data from questionnaires and national registers were gathered from 217 cancer patients initiating chemotherapy for cancer at Aarhus University Hospital November 2016 – Mai 2018. The participants were followed for 12 months after initiation of chemotherapy. Knowledge regarding factors of significance in the return to work process of cancer patients is valuable in the development of future rehabilitation programs for cancer patients. The defence is public and takes place on 24/02 at 13-16 at Marselisborg Centret, Fællesfaciliteterne, P.P. Ørums Gade 11, byg. 8, Aarhus C. The title of the project is ”Return to work in employees undergoing chemotherapy for cancer - the role of physical activity and self-efficacy”. For more information, please contact PhD student Rikke Rosbjerg, email: Rikke.Rosbjerg@stab.rm.dk, Phone +45 60914949.

Assessment committee:

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