A 3 year follow-up study of health care students' sense of coherence and related smoking, drinking and physical exercise factors.

https://arctichealth.org/en/permalink/ahliterature186071

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Date: May-2003

Language: English

Publication Type: Article

Keywords: Adolescent
       Adult
       Alcohol Drinking - psychology
       Attitude of Health Personnel
       Attitude to Health
       Educational Status
       Exercise - psychology
       Female
       Finland
       Follow-Up Studies
       Health Behavior
       Health Knowledge, Attitudes, Practice
       Humans
       Internal-External Control
       Male
       Pilot Projects
       Questionnaires
       Self Efficacy
       Smoking - psychology
       Students, Health Occupations - psychology
The purpose of the study was to describe the sense of coherence (SOC) of three groups of Finnish polytechnic students (n=287) at the beginning of their studies and to follow it during a period of 3 year amongst the health care students (n=63) of this group. The associations between SOC and smoking, drinking and physical exercise were also studied. The data were collected with a questionnaire which included Antonovsky's (Adv. Nurs. Sci. 1(1983)37) SOC scale. Data analysis was with SPSS statistical software. The students showed a strong sense of coherence at the beginning of their studies. Physical activity was related to the strength of SOC, but no association was found with smoking and drinking. Health care students showed a stronger SOC at the beginning of their studies than the two other groups. During the follow-up focused on the health care students, SOC weakened in 6%, remained unchanged in 65% and strengthened in 32% of the participants. Smoking, drinking and physical exercise showed no association with these changes. Future research should be focused on identifying factors that are related to SOC during education.
A 6-hour working day--effects on health and well-being.

https://arctichealth.org/en/permalink/ahliterature71230

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Date: Dec-2001

Language: English

Publication Type: Article

Keywords: Adult
Attitude to Health
Comparative Study
Female
Health Personnel - psychology
Health Surveys
Humans
Male
Organizational Innovation
Personnel Staffing and Scheduling - organization & administration
Quality of Life - psychology
Sweden
Work Schedule Tolerance - psychology
Workload - psychology

Abstract: The effect of the total amount of work hours and the benefits of a shortening is frequently debated, but very little data is available. The present study compared a group (N = 41) that obtained a 9 h reduction of the working week (to a 6 h day) with a comparison group (N = 22) that retained normal work hours. Both groups were constituted of mainly female health care and day care nursery personnel. The experimental group retained full pay and extra personnel were employed to compensate for loss of hours. Questionnaire data were obtained before and 1 year after the change. The data were analyzed using a two-factor ANOVA with the interaction term year*group as the main focus. The results showed a significant interaction of year*group for social factors, sleep quality, mental fatigue, and heart/respiratory complaints, and attitude to work hours. In all cases the experimental group improved whereas the control group did not change. It was concluded that shortened work hours have clear social effects and moderate effects on well-being.

PubMed ID: 14564882 View in PubMed

6-month CPAP-treatment in a young male patient with severe obstructive sleep apnoea syndrome - a case study from the couple's perspective.

https://arctichealth.org/en/permalink/ahliterature165224
Obstructive sleep apnoea syndrome (OSAS) is independently associated with an increased risk for hypertension and cardiovascular disease. Continuous positive airway pressure (CPAP) can reduce mortality and morbidity, but low compliance rates are seen.

To explore and describe the experiences of CPAP-treatment in a young male patient with severe OSAS during a 6-month period from the couple's perspective. METHODS AND THE CASE: A single case study with a phenomenographic approach was employed. Diagnostic procedures of OSAS and initiation of treatment with Auto-CPAP, humidifier and a nasal mask were performed during 4 visits. Conceptions were collected at 4 different occasions during the 6-month period (before, and 2 weeks, 3 months, and 6 months after treatment initiation) by means of interviews with a 33-year old male patient and his female partner.

Totally 17 different structural aspects were found to fluctuate during the 6-month period in relation to; influence of stressors, social reactions and adaptation to increase compliance.

An increased knowledge about the influence of stressors, the social reactions, and the adaptation can help healthcare personnel to identify and better understand concerns of other patients and spouses during different time phases of the initial 6-month period of CPAP-treatment.

18396463
PubMed ID: 17291832 View in PubMed

A 12-year follow-up of subjects initially sicklisted with neck/shoulder or low back diagnoses.

https://arctichealth.org/en/permalink/ahliterature71946

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Date: 2001

Language: English

Publication Type: Article
Abstract: BACKGROUND AND PURPOSE: Neck/shoulder and low back pain are common in the Western world and can cause great personal and economic consequences, but so far there are few long term follow-up studies of the consequences of back pain, especially studies that separate the location of back pain. More knowledge is needed about different patterns of risk factors and prognoses for neck/shoulder and low back pain, respectively, and they should not be treated as similar conditions. The aim of the present study was to investigate possible long-term differences in neck/shoulder and low back symptoms, experienced over a 12-year period, with regard to work status, present health, discomfort and influence on daily activities. METHOD: A retrospective cohort study of individuals sicklisted with neck/shoulder or low back diagnoses 12 years ago was undertaken. Included were all 213 people who, in 1985, lived in the municipality of Linköping, Sweden, were aged 25-34 years and who had taken at least one new period of sickleave lasting > 28 days with a neck/shoulder or low back diagnosis. In 1996, a questionnaire was mailed to the 204 people who were still resident in Sweden (response rate 73%). RESULTS: Those initially absent with neck/shoulder diagnoses rated their present state of discomfort as worse than those sicklisted with low back diagnoses. Only 4% of the neck/shoulder group reported no present discomfort compared with 25% of the low back group. Notably, both groups reported the same duration of low back discomfort during the last year, which may indicate a higher risk for symptoms in more than one location for subjects with neck/shoulder problems. CONCLUSIONS: Individuals with sickness absence of more than 28 days with neck/shoulder or low back diagnoses appear to be at high risk of developing long-standing symptoms significantly more so for those initially having neck/shoulder diagnoses.
23-year dynamics (1994-2016) relationships to its health, behavioral characteristics and prevention of cardiovascular diseases among women 25-44 years in Russia/Siberia.

https://arctichealth.org/en/permalink/ahliterature301119

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Source: Ter Arkh. 2018 Feb 14; 90(1):36-44

Date: Feb-14-2018

Language: English

Publication Type: Journal Article

Keywords: Adult
        Aged
        Attitude to Health
        Cardiovascular diseases
        Female
        Health Behavior
        Humans
        Middle Aged
        Reproducibility of Results
        Risk factors
        Russia
        Siberia
        Surveys and Questionnaires

Abstract: To determine the 23-year dynamics (1994-2016) of attitudes toward one’s health, behavioral characteristics and the prevention of cardiovascular diseases in an open population among women 25-44 years old in Russia/Siberia (Novosibirsk).

In the framework of the third screening of the MONICA program for the study of trends and control of cardiovascular diseases and the MONICA-psychosocial (MOPSY) subprogram, in 1994 a random representative sample of women aged 25-64 years of age from one of the districts of Novosibirsk (n = 870, the average age is 45.4±0.4 years); in the age group 25-44 years - 284 persons. In 2016 years, in the framework of screening studies on the budgetary issue of NIITPM No. gos. reg. 01201282292, a random representative sample of women aged 25-44 years old in the same district of Novosibirsk (n = 540) was examined. Attitude to their health, behavioral characteristics and the prevention of cardiovascular diseases were studied using the "Knowledge and attitude to their health" scale, validated for the Russian population under the WHO "MONICA" program. The chi-square test (x2) was used to calculate the indices. The criterion of statistical significance was the reliability of the result at p

PubMed ID: 30701756 View in PubMed
[28-year follow up of smoking habits of Swedish physicians. Reduced number of smokers but increased number of snuff-users]

https://arctichealth.org/en/permalink/ahliterature67649

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Source: Lakartidningen. 1996 Nov 27;93(48):4437-40, 4443-4

Date: Nov-27-1996

Language: Swedish

Publication Type: Article

Keywords: Adult

Attitude to Health

Comparative Study

Follow-Up Studies

Humans

Middle Aged

Physicians - psychology

Physicians, Women - psychology

Plants, Toxic

Questionnaires

Smoking - epidemiology

Smoking Cessation

Sweden - epidemiology

Tobacco, Smokeless

PubMed ID: 8992169 View in PubMed

A 57-year follow-up of occlusal changes, oral health, and attitudes toward teeth.

https://arctichealth.org/en/permalink/ahliterature135775

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Date: Apr-2011

Language: English

Publication Type: Article
Abstract: Very few studies have addressed long-term development and risks associated with untreated malocclusion. The purpose of this study was to examine changes in occlusion in a lifelong perspective and to compare oral health and attitudes toward teeth among persons with malocclusion with those having normal occlusion.

In 1950 an epidemiologic survey of 2349 8-year-olds was conducted and included 4 intraoral photographs. Three selected samples with different malocclusions (deep bite, crossbite, or irregular teeth) and 1 sample with normal occlusion (a total of 183 subjects) were, 57 years later, invited for examination and an extensive interview about dental experiences and attitudes. Sixty-nine responded (38%) and constitute the subjects studied.

Malocclusion remained the same or worsened except in subjects having deep bite in childhood, which in some improved and in others became worse. Crowding generally increased. Sixteen persons reported moderate or severe temporomandibular joint (TMJ) problems, and of these 7 belonged to the group with crossbite in childhood. With few exceptions, the subjects in all samples had good oral hygiene, visited the dentist regularly, and had well-preserved dentitions. Mean number of missing teeth was significantly lower among those with normal occlusion compared with the malocclusion groups. Individuals with normal occlusion responded favorably to all questions related to attitudes and experiences about their teeth, while responses in the malocclusion groups varied.

Persons with the particular malocclusions examined experienced more problems related to teeth later in life compared with those having normal occlusion in childhood.

PubMed ID: 21435527 View in PubMed ▶
A 57-year follow-up study of occlusion : part 1: oral health and attitudes to teeth among individuals with normal occlusion at the age of 8 years.

https://arctichealth.org/en/permalink/ahliterature157006

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Source: J Orofac Orthop. 2008 May;69(3):201-12

Date: May-2008

Language: English

Publication Type: Article

Keywords: Adolescent
Adult
Aged
Attitude to Health
Dental Occlusion
Female
Follow-Up Studies
Humans
Male
Middle Aged
Norway - epidemiology
Oral Health
Prevalence
Reference Values
Self Concept
Tooth Extraction - statistics & numerical data
Tooth Loss - epidemiology

Abstract:
To analyze occlusal changes between the ages of 8 and 65 years in 18 persons with normal occlusion at the age of 8 (N-group), to describe their attitudes toward dental esthetics and their experiences regarding their dentition.

The N-group is considered as the reference group in comparison with malocclusion groups that will be presented in subsequent articles. Documentation is based on intraoral photographs and personal interviews.

In general, the occlusal changes were moderate. The probands were all satisfied with their teeth and tooth position. They were all examined at regular intervals by their dentists and practiced generally good oral hygiene. The average number of missing teeth was 1.4 (0-6) and the number of prosthodontically-restored or replaced teeth was 6.4 (0-24). Fifteen persons reported well-positioned teeth to be important. However, 17 found that visibly poor oral hygiene, discolored or missing teeth or the "total impression", to be more important than malpositioned front teeth.

Generally speaking, occlusal changes were moderate and satisfaction with the dentition was good. Discolored or missing teeth and poor oral hygiene were found to be the most disturbing negative traits with respect to dental esthetics.

PubMed ID: 18506405 View in PubMed
Abstract: The aim of the present study was to describe the Norwegian adult population according to: 1. number of teeth present, 2. demand and utilization of dental services, 3. travel time from home to the dentist, 4. dental health behaviour, 5. fear for dental treatment. The analyses were performed on a set of national data collected in 1989, which was representative of the non-institutionalized Norwegian population 20 years and above. The sample size was 1260 individuals. About 75% of the people had 20 teeth or more present. Nine percent were edentulous. Seventy-seven percent who had demanded dental services during the last year. The average expenditure for dental treatment for those who had demanded the services during the last year was NOK 826. Fifty-three percent travelled 15 minutes or less from home to the dentist. Eighteen percent travelled 30 minutes or more. Almost everybody with their own teeth present brushed their teeth regularly once a day. Thirty-three percent of all dentate people used woodsticks regularly once a day, while 20% used toothfloss regularly. Seventy-five percent had no to mild fear of the dentist, while 7% had a strong fear. Fear of the dentist was higher among women than among men. Fear of the dentist decreased by increasing age. Few people, less than 4%, had cancelled a dental appointment because of dental anxiety. There has been an improvement in dental health and dental health behaviour in Norway during the 1970's and 1980's. These improvements are discussed with special attention paid to the findings from the present study.
The effect of the 2005 British Columbia (BC) smoking cessation mass media campaign on a panel (N = 1,341) of 20-30-year-old smokers’ attitudes is evaluated. The 5-week campaign consisted of posters, television, and radio ads about the health benefits of cessation. Small impacts on the panel’s attitudes toward the adverse impacts of smoking were found, with greater impacts found for those who had no plans to quit smoking at the initial interview. As smokers with no plans to quit increasingly recognized the adverse impacts of smoking, they also increasingly agreed that they use smoking as a coping mechanism. Smokers with plans to quit at the initial interview already were well aware of smoking’s adverse impacts. Respondents recalling the campaign poster, which presented a healthy alternative to smoking, decreased their perception of smoking as a coping mechanism and devalued their attachment to smoking. Evidence was found that media ad recall mediates unobserved predictors of attitudes toward smoking.