



# Årsredovisning 2019

En presentation av verksamhet och resultat

**Stressforskningsinstitutet**



**Stockholms  
universitet**

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# Föreståndaren inleder

2019 var ett framgångsrikt år för Stressforskningsinstitutet och antalet vetenskapliga publikationer var högre än någonsin. Institutets forskare figurerade även flitigt i tidningsartiklar, sociala medier, TV och radio. Under 2019 startade institutet Stressforskningspodden (mer info om podden finns på sidan 3). En annan viktig händelse för institutet var att vår medarbetare och doktorand Julia Åhlin disputerade vid Institutionen för Folkhälsovetenskap med en avhandling som handlade om sambandet mellan arbetsmiljö och depression.

Men den stora händelsen under året handlade om att förbereda och planera integration av institutet i Psykologiska institutionen. Sedan 1 januari 2020 är Stressforskningsinstitutet ett institut inom Psykologiska institutionen. Integrationen innebär nya möjligheter till forskningssamarbeten, särskilt för institutets labbforskning. En annan viktig verksamhetsförändring är att institutet får ett utbildningsuppdrag och under höstterminen 2019 har vi ansvarat för en fristående kurs inom ämnet "Stress och hälsa".

Under 2019 upphörde Stockholms Stress Centers (SSC) verksamhet. SSC var ett så kallat "Centre of Excellence" som finansierades av FORTE. Istället har ett informellt forskningsnätverk bildats – Stockholm Stress Collaborative – som drivs av tre unga forskare vid institutet samt vid Karolinska institutet. Slutligen, vill jag passa på att gratulera 2019 års vinnare av Töres Theorell Early Career Award, Chantelle Murley från Försäkringsmedicin, Karolinska institutet. Priset delas ut av SSC till en ung forskare som gjort en viktig vetenskaplig publikation inom stressområdet.

Årsberättelsen sammanfattar 2019 års prestationer och fokuserar på institutets organisatoriska nyckeltal, nämligen kunskapsspridning, publikationer och bibliometri, och resultaträkning. Sammanfattningen innehåller många tabeller och är informationsrik – och jag hoppas att läsarna av årsberättelsen värdesätter att få en ingående bild av institutets verksamhet under 2019.

## **Göran Kecklund**

*Professor, föreståndare Stressforskningsinstitutet*



# Kunskapsspridning

## Stressforskningsdagen 2019

Stressforskningsdagen hölls i Aula Magna den 3 april. Föredragen sändes även live på SU Play, universitetets digitala kanal för direktsändningar och filmarkiv. Temat för konferensen var **Nattsudd, sömn och sommartid**, och fyra seminarier presenterades.

John Axelsson

Varför är dygnsrytmer viktiga och hur fungerar de?

Göran Kecklund

Tidsomställningar – ständigt vinter- eller sommartid?

Tina Sundelin

Vad händer när vi sover för lite?

Lie Åslund

Sömnstörningar hos ungdomar – vad kan man göra?

## Stressforskningspodden

Sandra Tamm, Mats Lekander och Christian Portin, alla verksamma vid Stressforskningsinstitutet startade en podd under året och släppte tre avsnitt. Minst fem ytterligare avsnitt är planerade i projektet som finansieras av Riksbankens Jubileumsfond. Varje poddavsnitt tar avstamp i en kulturyttring kopplad till det aktuella temat för att locka forskarna att samtala utifrån nya utfallsvinklar.



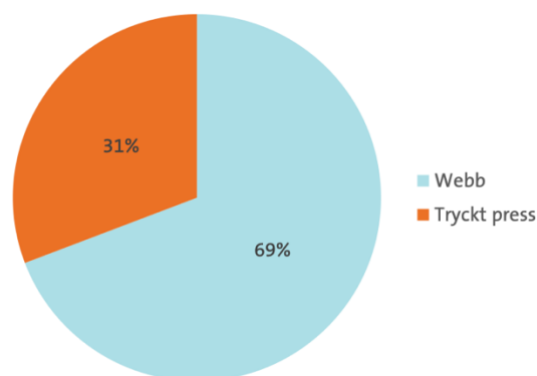
## Press och media

Stressforskningsinstitutets forskare medverkade flitigt som experter i tidningsartiklar, TV- och radioinslag för att sprida viktiga forskningsresultat. Under 2019 publicerades totalt 1 588 inslag i vilka Stressforskningsinstitutets forskare deltar.

Stressforskningsinstitutets medianärvaro var fortsatt hög. Som tidigare år är institutets mediabild präglad av expertrollen inom en rad forskningsområden, med speciellt fokus på stress och sömn i övergripande termer. Även 2019 dominerar webb över tryckt media. Fördelningen var 69% digital media och 31% tryckt media.

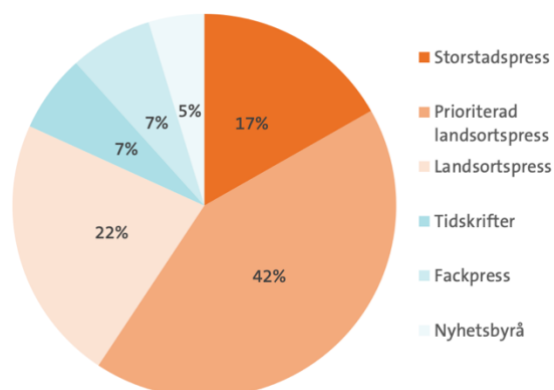
Under 2019 hade Stressforskningsinstitutets webbplats 90 668 besök enligt Google Analytics. Det ger i genomsnitt cirka 7 550 besök per månad eller 248 besök per dygn.

### MEDIEEXPONERING PER MEDIKANAL



Hur pressklippen fördelas per mediekanal 2019 (%)

### MEDIEEXPONERING PER KÄLLKATEGORI



Hur pressklippen fördelas per källkategori 2019 (%)

# Publikationer och bibliometri

Detta avsnitt redovisar Stressforskningsinstitutets samtliga publikationer 2019 i antal och per disputerad forskare.

## Bibliometri

Stressforskningsinstitutet producerar en stor mängd publikationer såsom originalartiklar, kunskapssammanställningar, bidrag till populärvetenskapliga böcker, läromedel och tidskrifter som sprids till viktiga målgrupper till exempel andra forskningsproducenter, olika professionella grupper och myndigheter. Tabell 1 visar antal producerade originalartiklar och kunskapssammanställningar/reviews 2019 och som jämförelse motsvarande uppgifter för åren 2016–2018.

1. Publikationer, antal				
	2019	2018	2017	2016
<b>Originalartiklar</b>	124	106	103	85
<b>Övriga publikationer</b>	1	5	3	5
<b>Konferensbidrag</b>	6	4	8	0
<b>Summa publikationer</b>	131	115	114	90

Mer information om Stressforskningsinstitutets publikationer finns på:  
[www.stressforskning.su.se/publikationer](http://www.stressforskning.su.se/publikationer).

## NORSK PUBLISERINGSINDIKATOR (NPI)

Stressforskningsinstitutet har som sin primära bibliometriska redovisning poäng enligt Norsk publiceringsindikator, ibland kallat den norska modellen. Stockholms universitet har valt att ha detta system som bibliometriskt jämförelsesystem, och det är dessa siffror som bäst ger en rättvisande bild av hur väl Stressforskningsinstitutets vetenskapliga aktivitet står sig gentemot andra liknande enheter inom universitetet.

Tabell 2 visar antal artiklar och bokkapitel fördelade enligt kategorisering i den norska modellen där NS2 är artiklar i tidskrifter med utmärkt vetenskaplig kvalitet, NS1 i övriga fackgranskade tidskrifter och NS0 i ej vetenskapliga tidskrifter. För mer information om systemet, se <https://dbh.nsd.uib.no/publiseringskanaler>. Endast publikationer som publicerats i ordinarie nummer av tidskrift under 2019 tas med i poängberäkningen.

2. Originalartiklar, bokkapitel och norska poäng						
	2019		2018		2017	
	Antal art	Poäng	Antal art	Poäng	Antal art	Poäng
<b>NS2</b>	30	25,6	33	38,4	32	31,6
<b>NS1</b>	91	34,2	68	23,0	72	27,5
<b>NS0</b>	2	0	3	0	1	0
<b>Totalt</b>	123	59,8	104	61,4	105	59,1

Antalet norska poäng per anställd forskande personal under 2019 var 1,8.

## IMPAKTFAKTOR (IMPACT FACTOR, IF)

Impaktfaktor är en form av citeringsanalys som rankar vetenskapliga tidskrifter. Impaktindikator är ett kriterium för tidskriftens vetenskapliga inflytande och beräknas utifrån hur ofta artiklar i tidskriften citeras. Tabell 3 visar impaktfaktorer för Stressforskningsinstitutets publikationer som publicerades i en vetenskaplig tidskrift år 2019. Uppgifterna är hämtade från Journal Citation Reports som ingår i Web of Science. Konferensbidrag och bokkapitel ingår ej i sammanställningen.

3. Originalartiklar, impaktfaktor (Antal & procentuell andel)			
Impaktfaktor	2019	2018	2017
<b>&gt; 14</b>	5 (4 %)	6 (6 %)	4 (4 %)
<b>12–14</b>	0 (0 %)	0 (0 %)	0 (0 %)
<b>10–12</b>	2 (2 %)	5 (5 %)	3 (3 %)
<b>8–10</b>	1 (1 %)	2 (2 %)	3 (3 %)
<b>6–8</b>	8 (7 %)	5 (5 %)	11 (10 %)
<b>4–6</b>	14 (12 %)	18 (19 %)	22 (21 %)
<b>2–4</b>	62 (53 %)	44 (46 %)	42 (41 %)
<b>&lt; 2</b>	25 (21 %)	15 (16 %)	18 (17 %)
<b>Summa</b>	117	95	103

Mönstret för institutets publikationer är likartat jämfört med föregående år, med en majoritet av publikationerna i tidskrifter med en IF på 2–4.

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Exhaustion and Impaired Work Performance in the Workplace : Associations With Presenteeism and Absenteeism  
Journal of Occupational and Environmental Medicine  
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# Resultaträkning

Detta avsnitt presenterar Stressforskningsinstitutets ekonomi 2019 vad gäller intäkter, kostnader och verksamhetsresultat samt kommentarer till utfall.

4. Resultaträkning					
INTÄKTER					
	2019	2018	2017	2016	2015
Fakultetsanslag <sup>1</sup>	14 658 640	16 090 123	15 951 796	15 280 524	14 489 238
Rektorsmedel <sup>2</sup>	2 300 000	2 300 000			
Externa bidragsmedel	26 877 186	24 784 094	19 239 323	26 500 183	20 869 297
Externa uppdragsmedel	1 581 014	1 133 354	407 252	161 670	351 710
Övriga intäkter	623 257	836 230	486 856	261 950	112 672
<b>Summa intäkter</b>	<b>46 040 097</b>	<b>45 143 801</b>	<b>36 085 227</b>	<b>42 204 327</b>	<b>35 822 917</b>

KOSTNADER					
	2019	2018	2017	2016	2015
Personalkostnader	-26 116 663	-23 446 350	-21 374 303	-20 248 206	-19 443 583
Lokalkostnader	-3 394 486	-3 301 051	-3 251 001	-2 775 779	-1 831 114
Driftskostnader <sup>3</sup>	-9 964 173	-10 133 375	-4 893 451	-11 373 940	-6 683 881
OH-faktura till SU	-3 770 156	-3 574 171	-3 873 796	-3 729 551	-3 741 959
Avskrivningar	-103 811	-228 588	-359 227	-429 596	-435 987
<b>Summa kostnader</b>	<b>-43 349 289</b>	<b>-40 683 535</b>	<b>-33 751 778</b>	<b>-38 557 072</b>	<b>-32 136 524</b>

VERKSAMHETSRESULTAT					
	2019	2018	2017	2016	2015
<b>Årets kapitalförändring<sup>4</sup></b>	<b>2 690 808</b>	<b>4 460 267</b>	<b>2 333 450</b>	<b>3 647 254</b>	<b>3 686 393</b>
Kapitalförändring sedan tidigare år	14 950 446	10 490 179	8 156 729	4 509 475	823 082
<b>Summa kap. förändring<sup>5</sup></b>	<b>17 641 254</b>	<b>14 950 446</b>	<b>10 490 179</b>	<b>8 156 729</b>	<b>4 509 475</b>
Ej förbrukade bidragsmedel <sup>6</sup>	35 227 316	22 223 393	17 268 339	18 468 839	18 718 699
<b>Utgående balanserade medel<sup>7</sup></b>	<b>52 868 570</b>	<b>37 227 237</b>	<b>27 758 518</b>	<b>26 625 568</b>	<b>23 228 174</b>
Återstående avskrivningskostnader	-1 235 996	-481 585	-562 486	-516 118	-945 714

<sup>1</sup> Anslagmedel för forskning och forskarutbildning från Samhällsvetenskapliga fakulteten.

<sup>2</sup> Rektorsmedel som medfinansiering till det VR-finansierade REWHARD-konsortiet.

<sup>3</sup> 3 340 000 kr avser datainsamling som sker vartannat år, 2 357 000 kr avser transferering till KI inom REWHARD-konsortiet.

<sup>4</sup> Varav 2 300 000 kr avser rektorsmedel som medfinansiering för REWHARD-konsortiet.

<sup>5</sup> Varav 2 300 000 kr avser rektorsmedel som medfinansiering för REWHARD-konsortiet.

<sup>6</sup> Flera projektmedel betalas ut som en klumpsumma vid projektets början, därav postens storlek.

<sup>7</sup> Varav 2 300 000 kr avser rektorsmedel som medfinansiering för REWHARD-konsortiet.

# Medarbetare

Avsnittet redovisar Stressforskningsinstitutets personal i antal medarbetare, åldersstruktur och kön, rörlighet samt könsfördelning inom olika anställningskategorier.

## ANSTÄLLDA

Under 2019 var 46 personer anställda. Tabell 5 visar anställda medarbetare i antal och i årsarbetskrafter. Medelåldern hos institutets personal var 41 år. Åldern fördelade sig så att sju personer i personalen var 30 år eller yngre, 29 personer var mellan 30 och 50 år och tio personer 50 år eller äldre.

5. Medarbetare, antal och årsarbetskrafter				
	2019	2018	2017	2016
Totalt antal anställda	46	43	38	42
Årsarbetskrafter	-	26,0	26,7	26,2

Tabell 6 och 7 visar personalens könsfördelning. Av de totalt 46 medarbetarna 2019 hade 33 personer forskande uppgifter och sju personer administrativa uppgifter.

6. Medarbetare, kön					
	2019	2018	2017	2016	2015
Kvinnor, antal	29	25	24	22	21
Män, antal	17	18	14	18	19

7. Medarbetare, kön per anställningskategori			
	Totalt	Kvinnor	Män
Administrativ personal	7	3	4
Forskande personal	33	25	8
<i>varav:</i>			
Professorer	5	1	4
Övriga disputerade forskare	14	13	1?
Doktorander	5	5	0
Forskningsassistenter/motsv	10	6	4

# Styrelsen

Stressforskningsinstitutet leds av en styrelse och en föreståndare. Professor Göran Kecklund har uppdraget som föreståndare och professor Hugo Westerlund som stf föreståndare för perioden fr.o.m 2019-08-01 t.o.m. 2022-07-31. Under perioden fr.o.m. 2019-01-01 t.o.m. 2019-07-31 var Hugo Westerlund föreståndare och Göran Kecklund stf. Föreståndare.

## STYRELSEN UNDER 2019

Styrelsen ska främst pröva om institutets verksamhet bedrivs effektivt och i överensstämmelse med dess syfte och mål. Styrelsen ska därutöver fastställa budget och verksamhetsplan, yttra sig i frågor om tillsvidareanställningar och åtagande av forskningsuppdrag, avge en årlig verksamhetsberättelse samt verka för medelsanskaffning. Sedan 2009 utgör styrelsen även styrelse för Stockholm Stress Center. Under verksamhetsåret 2019 hade styrelsen fyra protokollförda sammanträden.

Styrelsen mandattid sträcker sig till 2019-12-31. Från och med 2020-01-01 är Stressforskningsinstitutet en del av Psykologiska institutionen och då kommer en ny styrelse att väljas.

Styrelsen bestod under 2019 av nedanstående ledamöter.

**Ned Carter** (t.o.m. 2019-02-18)

Handläggare vid Sveriges Kommuner och Regioner, samt adjungerad professor i ergonomi, Kungliga Tekniska Högskolan

**Mats Ericson**

Professor, avdelningen för ergonomi, Kungliga Tekniska Högskolan

**Karin Fristedt**

Utredare, Saco

**Göran Kecklund**

Föreståndare och professor, Stressforskningsinstitutet, Stockholms universitet

**Constanze Leineweber**

Forskare, Stressforskningsinstitutet, Stockholms universitet

**Mats J Olsson**

Professor, prefekt Institutionen för klinisk neurovetenskap, Karolinska Institutet

**Mikael Rostila**

Professor, prefekt Institutionen för folkhälsovetenskap, Stockholms universitet

**Gunnar Sundqvist** (fr.o.m. 2019-02-16)

Handläggare vid Sveriges Kommuner och Regioner

**Hui-Xin Wang**

Professor, Stressforskningsinstitutet, Stockholms universitet

**Hugo Westerlund**

Stf föreståndare och professor, Stressforskningsinstitutet, Stockholms universitet

*Närvaro- och yttranderätt*

**Carina Johansson** (t.o.m. 2019-06-10)

Administrativ chef, Stressforskningsinstitutet, Stockholms universitet

# Organisation

ORGANISATIONSSCHEMA FÖR STRESSFORSKNINGSINSTITUTET 2019

