



Årsredovisning 2020

En presentation av verksamhet och resultat

Stressforskningsinstitutet



**Stockholms
universitet**

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Föreståndaren inleder

Vi kommer att minnas 2020 som året då Covid-19-pandemin drabbade samhället. Från och med slutet av mars har undervisningen vid Stockholms universitet bedrivits på distans och den forskande personalen har arbetat hemifrån under stora delar av 2020. Omställningen till hemarbete har påverkat både institutets forsknings- och undervisnings-verksamhet. Flera forskningsprojekt var tvungna att pausas, särskilt de projekt där man hade planerat in datainsamling som kräver närkontakt med deltagarna i studien. Å andra sidan verkar antalet publikationer vara ungefär lika många under 2020 som under 2019. Vi har heller inte sett någon nedgång av antalet forskningsansökningar som beviljades medel under 2020. Däremot minskade institutets medieinslag under 2020 och det är rimligt att anta att detta i stor utsträckning beror på att Covid-19-pandemin dominerade den vetenskapliga medierapporteringen.

Pandemins påverkan på arbetsförhållanden, stress och hälsa är en hög aktuell forskningsfråga och Stressforskningsinstitutets forskare planerar flera nya studier om de långsiktiga konsekvenserna av pandemin. Ett exempel på pandemirelaterad forskning som startade redan under 2020 är en litteraturöversikt om arbetsmiljö och folkhälsa som författats av forskare vid epidemiologienheten, i samarbete med Cecilia Stenfors. Litteraturöversikten ingår i en rapport som har publicerats av Folkhälsomyndigheten och heter "Hur har folkhälsan påverkats av Covid-19 pandemin? Samlad bedömning utifrån svensk empiri och internationell forskning under 2020".

Under förra året inleddes integrationen av Stressforskningsinstitutet i Psykologiska institutionen. Att nästan alla har arbetat på distans innebär att införlivandet har tagit längre tid, men jag hoppas att flytten till nya lokaler i campus Albano – som genomförs under sommaren 2021 – ska ge bättre förutsättningar för personalen att lära känna sina kollegor vid institutionen, skapa spännande forskningssamarbeten och öka vår medverkan i institutionens utbildningsverksamhet.

Göran Kecklund

Professor, föreståndare Stressforskningsinstitutet



Kunskapsspridning

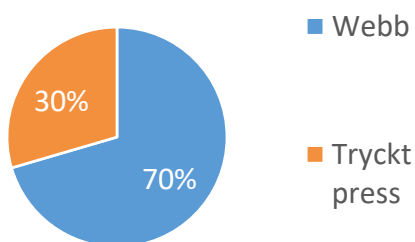
Press och media

Även om Stressforskningsinstitutets forskare fortfarande medverkar flitigt som experter i tidningsartiklar, TV- och radioinslag så minskade inslagen under 2020. Endast 552 inslag har registrerats hos vår mediebevakningstjänst Retriever. Fördelningen var 71% digital media och 29% tryckt media.

Stressforskningsinstitutets webbplats hade en 25% minskning av antalet sidvisningar. Förutom en eventuell pandemieffekt kan detta bero på att vi under 2020 fasat över vårt nyhestflöde och innehåll till Psykologiska institutionens webb.

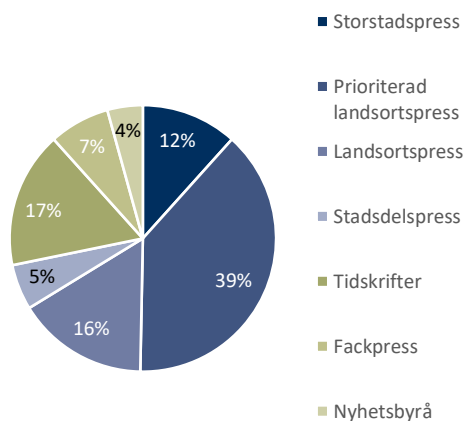
Stressforskningsinstitutets forskare har fortsatt hög produktion av vetenskapliga artiklar: 134 stycken publicerades under 2020.

MEDIEEXPONERING PER MEDIKANAL



Hur pressklippen fördelas per mediekanal 2020 (%)

MEDIEEXPONERING PER KÄLLKATEGORI



Hur pressklippen fördelas per källkategori 2020 (%)

Stressforskningspodden

Sandra Tamm, Mats Lekander och Christian Portin, har under 2020 producerat fyra nya avsnitt av Stressforskningspodden. Åtta avsnitt är planerade inom projektet som finansieras av Riksbankens Jubileumsfond, men Stressforskningsinstitutet planerar att producera fler poddavsnitt under samma namn när projektet avslutats. Varje poddavsnitt tar avstamp i en kulturyttring kopplad till det aktuella temat för att locka forskarna att samtala utifrån nya utfallsvinklar. Podden har ungefär 500 lyssnare per avsnitt och det mest populära avsnittet "Vad är stress?" har haft drygt 1 300 lyssnare (maj 2021).



Publikationer och bibliometri

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 2020 och som jämförelse motsvarande uppgifter för åren 2017–2019.

1. Publikationer, antal				
	2020	2019	2018	2017
Originalartiklar	131	124	106	103
Övriga publikationer	2	1	5	3
Konferensbidrag	1	6	4	8
Summa publikationer	134	131	115	114

Mer information om Stressforskningsinstitutets publikationer finns på:
www.stressforskning.su.se/publikationer.

Annual report

Efter integrationen ingår artiklarna som Stressforskningsinstitutets forskare producerar i Psykologiska institutionen Annual Report. Det är en listning av referenser och abstracts till tidskriftsartiklar, böcker/bokkapitel, rapporter, avhandlingar och konferensbidrag av personer knutna till institutionen. Serien har funnits sedan 1961. 2020-års rapport innehåller 318 referenser varav Stressforskningsinstitutets forskare finns representerade på 124 publikationer.

www.psychology.su.se/publikationer/annual-report

Publikationer 2020

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Ahlström Christer; Solis-Marcos Ignacio; Nilsson Emma; Åkerstedt Torbjörn [The impact of driver sleepiness on fixation-related brain potentials](#) *Journal of Sleep Research*

Albrecht Sophie C.; Kecklund Göran; Leineweber Constanze [The mediating effect of work-life interference on the relationship between work-time control and depressive and musculoskeletal symptoms](#) *Scandinavian Journal of Work, Environment and Health*

Albrecht Sophie Charlotte; Leineweber Constanze; Ojajärvi Anneli; Oksanen Tuula; Kecklund Göran; Härmä Mikko [Association of work-time control with sickness absence due to musculoskeletal and mental disorders : An occupational cohort study](#) *Journal of Occupational Health*

Alexandersson Bjarki; Hamad Yousef; Andreasson Anna; Rubio Carlos A.; Ando Yugo; Tanaka Kyosuke; Ichiya Tamaki; Rezaie Reza; Schmidt Peter T. [High-Definition Chromoendoscopy Superior to High-Definition White-Light Endoscopy in Surveillance of Inflammatory Bowel Diseases in a Randomized Trial](#) *Clinical Gastroenterology and Hepatology*

Aljeaidi Muhammad; Keen Claire; Bell J. Simon; Cooper Tina; Robson Leonie; Tan Edwin C. K. [Dry Eyes, Ocular Lubricants, and Use of Systemic Medications Known or Suspected to Cause Dry Eyes in Residents of Aged Care Services](#) *International Journal of Environmental Research and Public Health*

Axelsson John; Ingre Michael; Kecklund Göran; Lekander Mats; Wright Kenneth P.; Sundelin Tina [Sleepiness as motivation : a potential mechanism for how sleep deprivation affects behavior](#) *Sleep*

Banks Sarah; Griep Yannick; Hansen Samantha D. [Charting directions for a new research era : addressing gaps and advancing scholarship in the study of psychological contracts](#) *European Journal of Work and Organizational Psychology*

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Bernhard-Oettel Claudia; Eib Constanze; Griep Yannick; Leineweber Constanze [How Do Job Insecurity and Organizational Justice Relate to Depressive Symptoms and Sleep Difficulties : A Multilevel Study on Immediate and Prolonged Effects in Swedish Workers](#) *Psychologie Appliquée*

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Berthelsen Hanne; Westerlund Hugo; Bergström Gunnar; Burr Hermann [Validation of the Copenhagen Psychosocial Questionnaire](#)

[Version III and Establishment of Benchmarks for Psychosocial Risk Management in Sweden](#) *International Journal of Environmental Research and Public Health*

Berthelsen Hanne; Owen Mikaela; Wretling Katharina; Westerlund Hugo [Does staff-assessed care quality predict early failure of dental fillings? : A prospective study](#) *Community Dentistry and Oral Epidemiology*

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Hagqvist Emma; Vinberg Stig; Tritter Jonathan Q.; Wall Erika; Landstad Bodil J. *The Same, Only Different : Doing Management in the Intersection between Work and Private Life for Men and Women in Small-scale Enterprises* *Work, Employment and Society*

Hagqvist Emma; Vinberg Stig; Toivanen Susanna; Hagström Malin; Granqvist Sara; Landstad Bodil J. *Falling outside the system : Occupational safety and health inspectors' experiences of micro-enterprises in Sweden* *Safety Science*

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Lasselin Julie; Lekander Mats; Benson Sven; Schedlowski Manfred; Engler Harald [Sick for science : experimental endotoxemia as a translational tool to develop and test new therapies for inflammation-associated depression](#) *Molecular Psychiatry*

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Nordentoft Mads; Rod Naja H.; Bonde Jens Peter; Bjorner Jakob B.; Madsen Ida E. H.; Pedersen Line R. M.; Cleal Bryan; Magnusson Hanson Linda L.; Nexo Mette A.; Pentti Jaana; Stenholm Sari; Sterud Tom; Vahtera Jussi; Rugulies Reiner [Effort-reward imbalance at work and risk of type 2 diabetes in a national sample of 50,552 workers in Denmark : A prospective study linking survey and register data](#) *Journal of Psychosomatic Research*

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Pandey Nikita; Darin-Mattsson Alexander; Nilsen Charlotta [Working conditions mediate the association between social class and physical function in older age in Sweden : a prospective cohort study](#) *BMC Public Health*

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Platts Loretta G.; Sacco Lawrence B.; Johansson Boo [Omvärderade synen på de äldres livsvillkor under pandemin](#) *Läkartidningen*

Pulakka Anna; Leskinen Tuija; Suorsa Kristin; Pentti Jaana; Halonen Jaana I.; Vahtera Jussi; Stenholm Sari [Physical Activity across Retirement Transition by Occupation and Mode of Commute](#) *Medicine & Science in Sports & Exercise*

Radun Igor; Radun Jenni; Kaistinen Jyrki; Parkkari Inkeri; Kecklund Göran; Olivier Jake; Theorell Töres *Suicide by crashing into a heavy vehicle : A one-year follow-up study of professional drivers Transportation Research Part F*
Rajaleid Kristiina; Brolin Låftman Sara; Modin Bitte *School-Contextual Paths to Student Bullying Behaviour : Teachers Under Time Pressure are Less Likely to Intervene and the Students Know It! Scandinavian Journal of Educational Research*

Ramberg Joacim; Brolin Låftman Sara; Åkerstedt Torbjörn; Modin Bitte *Teacher Stress and Students' School Well-being : the Case of Upper Secondary Schools in Stockholm Scandinavian Journal of Educational Research*

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Salomonsson Sigrid; Santoft Fredrik; Lindsäter Elin; Ejeby Kersti; Ingvar Martin; Öst Lars-Göran; Lekander Mats; Ljotsson Brjann; Hedman-Lagerlöf Erik *Predictors of outcome in guided self-help cognitive behavioural therapy for common mental disorders in primary care Cognitive Behaviour Therapy*

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Shang Ying; Fratiglioni Laura; Marseglia Anna; Plym Anna; Welmer Anna-Karin; Wang Hui-Xin; Wang Rui; Xu Weili *Association of diabetes with stroke and post-stroke dementia : A population-based cohort study Alzheimer's & Dementia*

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Stenholm Sari; Virtanen Marianna; Pentti Jaana; Oksanen Tuula; Kivimäki Mika; Vahtera Jussi *Trajectories of self-rated health before and after retirement : evidence from two cohort studies Occupational and Environmental Medicine*

Sundelin Tina; West Tessa; Axelsson John *Effects of sleep loss and attention on negotiations*

Sveen Josefin; Bondjers Kristina; Heinsoo Julia; Arnberg Filip K. *Psychometric Evaluation of the Swedish Version of the Prolonged Grief Disorder-13 (PG-13) in a Bereaved Mixed Trauma Sample Frontiers in Psychiatry*

Tamm Sandra; Schwarz Johanna; Thuné Hanna; Kecklund Göran; Petrovic Predrag; Åkerstedt Torbjörn; Fischer Håkan; Lekander Mats; Nilsson Gustav *A combined fMRI and EMG study of emotional contagion following partial sleep deprivation in young and older humans Scientific Reports*

Tan Edwin C. K.; Lexomboon Duangjai; Häbel Henrike; Fastbom Johan; Eriksdotter Maria; Johnell Kristina; Sandborgh-Englund Gunilla *Xerogenic Medications as a Predictor for Dental Health Intervention in People with Dementia Journal of Alzheimer's Disease*

Tan Edwin C. K.; Pan Kuan-Yu; Magnusson Hanson Linda L.; Fastbom Johan; Westerlund Hugo; Wang Hui-Xin *Psychosocial job strain and polypharmacy : a national cohort study Scandinavian Journal of Work, Environment and Health*

Tettamanti Giorgio; Auvinen Anssi; Åkerstedt Torbjörn; Kojo Katja; Ahlbom Anders; Heinävaara Sirpa; Elliott Paul; Schüz Joachim; Deltour Isabelle; Kromhout Hans; Toledano Mireille B.; Harbo Poulsen Aslak; Johansen Christoffer; Vermeulen Roel; Feychting Maria; Hillert Lena *Long-term effect of mobile phone use on sleep quality : Results from the cohort study of mobile phone use and health (COSMOS) Environment International*

Tierney Warren; Hardy III Jay H.; Ebersole Charles R.; Leavitt Keith; Viganola Domenico; Clemente Elena Giulia; Gordon Michael; Dreber Anna; Johannesson Magnus; Pfeiffer Thomas; Uhlmann Eric Luis *Creative destruction in science Organizational Behavior and Human Decision Processes*

Tiuganji Natalia M.; Nehme Patricia; Marquee Elaine C.; Isherwood Cheryl M.; Martins Andressa J.; Vasconcelos Suleima; Cipolla-Neto Jose; Lowden Arne; Skene Debra J.; Moreno Claudia R. C. *Eating Behavior (Duration, Content, and Timing) Among Workers Living under Different Levels of Urbanization Nutrients*

Tornroos Maria; Salin Denise; Magnusson Hanson Linda *High-involvement work practices and conflict management procedures as moderators of the workplace bullying-wellbeing relationship Work & Stress*

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Virtanen Marianna; Jokela Markus; Lallukka Tea; Magnusson Hanson Linda; Pentti Jaana; Nyberg Solja T.; Alfredsson Lars; Batty G. David; Casini Annalisa; Clays Els; DeBacquer Dirk; Ervasti Jenni; Fransson Eleonor; Halonen Jaana I.; Head Jenny; Kittel France; Knutsson Anders; Leineweber Constanze; Nordin Maria [Long working hours and change in body weight : analysis of individual-participant data from 19 cohort studies](#) *International Journal of Obesity*

Watling Christopher N. [Young drivers who continue to drive while sleepy : What are the associated sleep- and driving-related factors?](#) *Journal of Sleep Research*

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Yang Y.; Griep Yannick; Vantilborgh T. [Exploring temporal changes in obligated and delivered inducements-a dynamic systems perspective](#) *European Journal of Work and Organizational Psychology*

Yin Qingqing; Ji Xiaojuan; Lv Renjun; Pei Jin-Jing; Du Yifeng; Shen Chao; Hou Xun Yao [Targetting Exosomes as a New Biomarker and Therapeutic Approach for Alzheimer's Disease](#) *Clinical Interventions in Aging*

Zaninotto Paola; Batty George David; Stenholm Sari; Kawachi Ichiro; Hyde Martin; Goldberg Marcel; Westerlund Hugo; Vahtera Jussi; Head Jenny [Socioeconomic Inequalities in Disability-free Life Expectancy in Older People from England and the United States : A Cross-national Population-Based Study](#) *The Journals of gerontology. Series A, Biological sciences and medical sciences*

Zhao Zhiwei; Wadsworth Emma; Riis Jepsen Jørgen; van Leeuwen Wessel M. A. [Comparison of perceived fatigue levels of seafarers and management approaches in fatigue mitigation : Case studies from two Chinese and two European shipping companies](#) *Marine Policy*

Zhuo Lai-Bao; Yao Wu; Yan Zhen; Giron Maria S. T.; Pei Jing-Jing; Wang Hui-Xin [Impact of effort reward imbalance at work on suicidal ideation in ten European countries : The role of depressive symptoms](#) *Journal of Affective Disorders*

Åhlin Julia K.; Peristera Paraskevi; Westerlund Hugo; Magnusson Hanson Linda L. [Psychosocial working characteristics before retirement and depressive symptoms across the retirement transition : a longitudinal latent class analysis](#) *Scandinavian Journal of Work, Environment and Health*

Åkerstedt Torbjorn; Narusyte Jurgita; Svedberg Pia [Night work, mortality, and the link to occupational group and sex](#) *Scandinavian Journal of Work, Environment and Health*

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Åslund Lie; Lekander Mats; Wicksell Rikard K.; Henje Eva; Jernelöv Susanna [Cognitive-behavioral therapy for insomnia in adolescents with comorbid psychiatric disorders : A clinical pilot study](#) *Clinical Child Psychology and Psychiatry*

Resultaträkning

Omsättningsökningen för institutet har fortsatt. I jämförelse med omsättningen 2017 är den tre år senare drygt 70% större, vilket förstås är en mycket kraftig ökning. En anmärkningsvärd omständighet i sammanhanget är förändringen av de indirekta kostnaderna. Beloppet för 2019 är fastställt i redovisningen, men pga felaktigheter i den interna faktureringen är kostnaden underskattad. Korrekt belopp ska vara drygt 3,7 mnkr. Trots felaktigheten kvarstår 2019 års resultat som det är redovisat ovan, vilket avviker från fjolårets årsredovisning där de indirekta kostnaderna var upptagna till rätt belopp. Jämförelsen av de indirekta kostnaderna mellan 2019 och 2020 haltar därför. Ändå är 2020 års indirekta kostnader betydligt högre än 2019, vilket är en effekt av två omständigheter. Den ena är att de centrala indirekta kostnaderna verkligen ökat kraftigt, den andra är en redovisningsteknisk effekt av integrationen med Psykologiska institutionen. Tidigare har en stor del av stödkostnader redovisats som direkta personalkostnader, nu redovisas de helt och hållet som indirekta kostnader.

4. Resultaträkning					
INTÄKTER					
	2020	2019	2018	2017	2016
Fakultetsanslag	16 609 912	14 658 640	16 090 123	15 951 796	15 280 524
Rektorsmedel	2 300 000	2 300 000	2 300 000	0	0
Externa bidragsmedel	30 740 853	26 877 186	24 784 094	19 239 323	26 500 183
Externa uppdragsmedel	501 160	1 581 014	1 133 354	407 252	161 670
Övriga intäkter	64 229	623 257	836 230	486 856	261 950
Summa intäkter	50 216 154	46 040 097	45 143 801	36 085 227	42 204 327
KOSTNADER					
	2020	2019	2018	2017	2016
Personalkostnader	-25 439 541	-26 116 663	-23 446 350	-21 374 303	-20 248 206
Lokalkostnader	-3 370 836	-3 394 486	-3 301 051	-3 251 001	-2 775 779
Driftskostnader	-12 541 386	-9 964 173	-10 133 375	-4 893 451	-11 373 940
OH-faktura till SU	-7 731 119	-3 770 156	-3 574 171	-3 873 796	-3 729 551
Avskrivningar	-273 824	-103 811	-228 588	-359 227	-429 596
Summa kostnader	-49 356 987	-43 349 289	-40 683 535	-33 751 778	-38 557 072
VERKSAMHETSRESULTAT					
	2020	2019	2018	2017	2016
Årets kapitalförändring	859 167	2 690 808	4 460 267	2 333 450	3 647 254
Kapitalförändring sedan tidigare år	18 882 430	14 950 446	10 490 179	8 156 729	4 509 475
Summa kap. förändring	19 741 597	17 641 254	14 950 446	10 490 179	8 156 729
Ej förbrukade bidragsmedel	25 972 454	35 227 316	22 223 393	17 268 339	18 468 839
Utgående balanserade medel	45 714 052	52 868 570	37 227 237	27 758 518	26 625 568
Återstående avskrivningskostnader	-993 984	-1 235 996	-481 585	-562 486	-516 118

Styrelsen

Stressforskningsinstitutet är placerat under Psykologiska institutionen vid Samhällsvetenskapliga fakulteten inom det humanvetenskapliga området.

Stressforskningsinstitutet leds av en styrelse och en föreståndare. Föreståndare är Göran Kecklund och ställföreträdande föreståndare är Hugo Westerlund. Styrelsen ska ansvara för strategiska frågor kring institutets forskningsverksamhet, lämna förslag på institutets budget och verksamhetsplanering till Psykologiska institutionens styrelse, samt stödja och främja verksamheten vid institutet samt fastlägga riktlinjer för hur arbetet ska organiseras.

STYRELSEN UNDER 2020

Styrelsen bestod under 2020 av nedanstående ledamöter.

Anna Andreasson

Forskare, Stressforskningsinstitutet, Stockholms universitet

Håkan Fischer

Prefekt och professor, Psykologiska institutionen, Stockholms universitet

Karin Fristedt

Utredare, Saco

Göran Kecklund (styrelseordförande)

Föreståndare och professor, Stressforskningsinstitutet, Stockholms universitet

Constanze Leineweber

Forskare, Stressforskningsinstitutet, Stockholms universitet

Petra Lindfors

Professor, Psykologiska institutionen, Stockholms universitet

Mats J Olsson

Professor, prefekt Institutionen för klinisk neurovetenskap, Karolinska Institutet

Christian Portin

Kommunikationsansvarig, Stressforskningsinstitutet, Stockholms universitet

Gunnar Sundqvist

Handläggare vid Sveriges Kommuner och Regioner

VERKSAMHETSPLANERING

Integrationen i Psykologiska institutionen ger en väsentligt starkare bas för att söka större forskningsanslag och delta i internationella konsortier som möjliggör forskning med hög power och rigorös forskningsdesign med inriktning på förbättrad kausal och mekanistisk förståelse av sambanden mellan stressexponering och hälsa. Institutet har särskilt identifierat två områden som intressanta: Laborativ sömnforskning i samarbete med Gösta Ekmanlaboratoriet samt neurovetenskaplig forskning som omfattar storskalig hjärnabbildning genom SUBIC, potentiellt kopplad till institutets prospektiva SLOSH-kohort. Ett hjärnabbildningsprojektet (leds av professor Hui-Xin Wang och i projektgruppen ingår även professor Håkan Fischer och John Axelsson) baserat på SLOSH studien startas under 2021.

UNDERVISNING

Institutet har tidigare ej haft i uppdrag att bedriva undervisning och därför endast i begränsad omfattning deltagit i undervisning. För att nå ut bredare till framtidens praktiker och akademiker planerar institutet att utveckla en utbildningsportfölj som ingår i Psykologiska institutionens utbud av kurser från grundnivå via avancerad nivå till forskarutbildning. Kurser kan även komma att erbjudas inom ramen för Institutet för Tillämpad Beteendevetenskap (ITB), som erbjuder uppdragsutbildning baserad på Psykologiska institutionens kompetens.

SAMVERKAN

Stressforskningsinstitutet bedriver en framgångsrik samverkan både med andra universitet och med det omgivande samhället, vilket bland annat resulterar i hög synlighet i media. Sedan dess bildande har institutet haft nära band med Karolinska Institutet, särskilt med Institutionen för klinisk neurovetenskap, där flera samarbetsprojekt pågår. Samverkan med arbetsmarknadens parter fortsätter att vara en grundbult för verksamheten och tjänar som garant för forskningens samhällsrelevans.

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