



Department of Clinical Neuroscience
Division of Insurance Medicine

Curriculum Vitae – Lisa Mather

Education

2013–2017: Department of Clinical Neuroscience, Division of Insurance Medicine, Karolinska Institutet, Stockholm

PhD in epidemiology

Thesis title: *“Burnout and sick leave due to mental disorders, heritability, comorbidity, risk factors and adverse outcomes”*

2010–2012: Department of Public Health Sciences, Karolinska Institutet, Stockholm Master’s program in public health epidemiology

2009–2010: The National Board of Health and Welfare
Supplementary training for becoming a registered nurse in Sweden

2004–2006: University of Southern Queensland, Australia
Bachelor of nursing

Current position

2020-current: Evidera/PPD Scandinavia
Research Associate

Earlier positions

2018–2020: Department of Clinical Neuroscience, Division of Insurance Medicine Karolinska Institutet.

Post doc. in Pia Svedberg’s research group

2012: Department of Clinical Neuroscience, Division of Insurance Medicine Karolinska Institutet
Project assistant

2010–2012: Södertälje Sjukhus
Registered nurse

2007-2009: Greenslopes private hospital, Australia
Registered nurse

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Funding and awards

2018: Karolinska Institutet forskningsbidrag, project title: Burnout and depression: associations with different patterns of sickness absence among women and men

2019: Lennmalm's price from Svenska Läkaresällskapet

Publications

- **Mather L**, Kärkkäinen S, Narusyte J, Ropponen A, Mittendorfer-Rutz E, Svedberg P. 2020. Sick leave due to back pain, common mental disorders and disability pension: Common genetic liability. *Eur J Pain*. 24(10):1892-1901.
- **Mather L**, Ropponen A, Mittendorfer-Rutz E, Narusyte J, Svedberg P. 2019. *Health, work and demographic factors associated with a lower risk of work disability and unemployment in employees with lower back, neck and shoulder pain*. *BMC Musculoskeletal Disorders*. 20(1):622.
- Wang M, **Mather L**, Svedberg P, Mittendorfer-Rutz E. 2019. *Suicide attempt following sickness absence and disability pension due to common mental disorders: a prospective Swedish twin study*. *Social Psychiatry and Psychiatric Epidemiology* [Epub ahead of print].
- Helgadóttir B, **Mather L**, Narusyte J, Ropponen A, Blom V, Svedberg P. 2019. *Transitioning from sickness absence to disability pension—the impact of poor health behaviours: a prospective Swedish twin cohort study*. *BMJ Open* 9 (11):e031889.
- **Mather L**, Narusyte J, Ropponen A, Bergström G, Blom V, Helgadóttir B & Svedberg P. 2019. *Sick leave due to mental disorders, morbidity and mortality: a prospective study of discordant twin pairs*. *Social Psychiatry and Psychiatric Epidemiology* [Epub ahead of print].
- Helgadóttir B, Narusyte J, Ropponen A, Bergström G, **Mather L**, Blom V, Svedberg P. 2019. *The role of occupational class on the association between sickness absence and disability pension: A Swedish register-based twin study*. *Scandinavian Journal of Work Environment and Health* [Epub ahead of print].
- Svedberg P, **Mather L**, Bergström G, Lindfors P, Blom V. 2018. *Time pressure and sleep problems due to thoughts about work as risk factors for future sickness absence*. *International Archives Occupational Environmental Health*. 91 (8):1051-1059
- Helgadóttir B, Svedberg P, **Mather L**, Lindfors P, Bergström G & Blom V. 2018. *The association between part-time and temporary employment and sickness absence: a prospective Swedish twin study*. *European Journal of Public Health* 29 (1):147-153.
- **Mather L**. 2018. *Burnout and sick leave due to mental disorders: heritability, comorbidity, risk factors and adverse outcomes*. *Socialmedicinsk tidskrift* 95 (1): 108.
- Ropponen A, Narusyte J, **Mather L**, Mittendorfer-Rutz E, Åkerstedt T & Svedberg P. 2017. *Night work as a risk factor for future cause-specific disability pension: A prospective twin cohort study in Sweden*. *Chronobiology International* 35(2): 249–260.

- **Mather L**, Blom V, Bergström G & Svedberg P. 2017. Adverse outcomes of sick leave due to mental disorders: A prospective study of discordant twin pairs. *Scandinavian journal of public health* 47 (2):127-136.
- Blom V, Svedberg P, Bergström G, **Mather L** & Lindfors P. 2017. *Stress in paid and unpaid work as related to cortisol and subjective health complaints in women working in the public health care sector*. *International Journal of Workplace Health Management* 10 (4): 286–299.
- Svedberg P, **Mather L**, Bergström G, Lindfors P & Blom V. 2017. *Work-Home Interference, Perceived Total Workload, and the Risk of Future Sickness Absence Due to Stress-Related Mental Diagnoses Among Women and Men: a Prospective Twin Study*. *International Journal of Behavioral Medicine* 25 (1):103–111.
- Kärkkäinen S, Ropponen A, Narusyte J, **Mather L**, Åkerstedt T, Silventoinen K, Mittendorfer-Rutz E & Svedberg P. 2017. *Night work as a risk factor of future disability pension due to musculoskeletal diagnoses: a prospective cohort study of Swedish twins*. *European Journal of Public Health* 27 (4): 659–664.
- **Mather L**, Blom V, Bergström G & Svedberg P. 2016. *An Underlying Common Factor, Influenced by Genetics and Unique Environment, Explains the Covariation Between Major Depressive Disorder, Generalized Anxiety Disorder, and Burnout: A Swedish Twin Study*. *Twin Research and Human Genetics* 9 (6): 619–627.
- **Mather L**, Bergström G, Blom V & Svedberg P. 2015. *High Job Demands, Job Strain, and Iso-Strain Are Risk Factors for Sick Leave due to Mental Disorders: A Prospective Swedish Twin Study With a 5-Year Follow-Up*. *Journal of Occupational and Environmental Medicine* 57 (8): 858–65.
- **Mather L**, Bergström G, Blom V & Svedberg P. 2014. *The Covariation Between Burnout and Sick Leave Due to Mental Disorders Is Explained by a Shared Genetic Liability: A Prospective Swedish Twin Study With a Five-Year Follow-up*. *Twin Research and Human Genetics* 17 (6): 535–44.
- **Mather L**, Blom V & Svedberg P. 2014. *Stressful and Traumatic Life Events are Associated with Burnout- A Cross-Sectional Twin Study*. *International Journal of Behavioral Medicine* 21 (6): 899–907.