



**Återgång i arbete efter förvärvad hjärnskada**  
livskvalitet, möjligheter och hinder

av

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**Akademisk avhandling**

Avhandling för medicine doktorsexamen i  
Handikappvetenskap,  
som kommer att försvaras offentligt  
fredagen den 14 december 2018 kl. 09.00,  
Hörsal P1 Örebro Universitet

Opponent: Professor Bodil Landstad  
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## Abstract

Marie Matérne (2018): Return to work after acquired brain injury – quality of life, opportunities and barriers. Örebro Studies from the Swedish Institute for Disability Research No. 94

In Sweden, about 35–40 percent of people who acquire a brain injury can return to work. To be able to help people with acquired brain injury to return to work, it is important to know about experiences and factors that facilitate return to work and how they affect quality of life.

The overall aim of this thesis is to investigate the opportunities and barriers for people with acquired brain injury to return to work, as well as the importance of returning to work for their quality of life. Four studies were conducted: two interview studies and two register studies, giving qualitative and quantitative data.

The major finding in this thesis was that people with acquired brain injury who could return to work had high functioning in all levels of the biopsychosocial model. The opportunities increased if the return to work was individually adapted in all phases of the process and if the person was motivated and supported by support persons with commitment, cooperation and adaptation. Those who had a university education, got their driver's license reinstated, had high motor function and could return to work showed the greatest increase in their quality of life.

Return to work is a complex process for people with acquired brain injury that could be successful if they are motivated, can balance the internal and external demands to return to work, get individual adaptation, and receive committed support. Their quality of life also increased more if they were able to return to work.

*Keywords:* Return to work, acquired brain injury, rehabilitation, quality of life, quality inference, register analysis

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