MATTIAS EHN is active as a clinical psychologist with the Region Stockholm counselling and support team for people with deafblindness. He has a Master of Science degree in psychology and as a clinical psychologist, has been active in the field of disability habilitation and rehabilitation. As a clinical psychologist on a multi-professional team, he has specialized in the psychological implications of life adjustment processes related to deafblindness and Usher syndrome. For several years, Mattias has served as a clinical psychologist on the Swedish national expert team for diagnosing deafblindness, which is a multi-professional team with a focus on clinical/genetic diagnosis and the evaluation of function and disability.

Usher syndrome is the most common disorder causing severe dual sensory hearing and vision loss/deafblindness. People with Usher syndrome have significantly poorer health compared to the general population but also reveal variations of health within and between the different types of Usher syndrome. This thesis is based on four studies with a focus on the relationship between work and health and life strategies. Two studies use quantitative methodology, and two studies use qualitative methods. The results show that people with Usher syndrome who are work active demonstrate significantly better psychological health compared to those who are not work active. People with Usher syndrome find work to be a source of satisfaction, with a commitment that needs to be balanced to diminish health hazards and strive towards a work-life balance, but they also face limitations and uncertainty concerning the future. People with Usher syndrome type 2 have a variety of strategies to prevent and resolve challenges and to comfort themselves. The results, which are discussed in relation to the Meikirsh model of health, are complex. Individual life strategies and environmental aspects have to be considered to receive a comprehensive picture of the relationship between work and health in people with Usher syndrome. This thesis has provided new insights into the health of people with Usher syndrome.