## Vetenskapliga publikationer baserade på klinisk patientnära forskning vid Stressre­habilitering, Norrlands universitetssjukhus, Umeå.

1. Nelson, A., Aronsson, I., Tillfors, M. *et al.* The experienced route to cognitive health: Cognitive recovery in persons with prior stress-related Exhaustion disorder. *BMC Psychiatry* 25, 375 (2025). <https://doi.org/10.1186/s12888-025-06713-7>
2. Sundström, A. E., Nordin, M., Nordin, S., Neely, A. S., & Gavelin, H. M. (2025). Dimensionality, Sensitivity and Specificity of Different Versions of the Shirom-Melamed Burnout Questionnaire/Measure in Clinical and Non-Clinical Populations. *Stress and health: journal of the International Society for the Investigation of Stress*, *41*(1), e70001. <https://doi.org/10.1002/smi.70001>
3. Eskilson, T., Olsson, D., Ekbäck, A., Slunga Järvholm, L., Symptoms, work situation and work functioning 10 years after rehabilitation of stress‑induced exhaustion disorder.BMC Psychiatry (2024) 24:525 <https://doi.org/10.1186/s12888-024-05975-x>
4. Aronsson, I., Stigsdotter Neely, A., Boraxbekk, CJ., Eskilsson, T., Malmberg Gavelin, H. Recovery activities are needed every step of the way”: exploring the process of long-term recovery in people previously diagnosed with exhaustion disorder. BMC Psychology 2024. doi. 10.1186/s40359-024-01756-z
5. Andersdotter Sandström A., Fjellman-Wiklund A., Sandlund, M., Eskilsson, T. Pa­tients with stress-induced exhaustion disorder and their experiences of physical activity prescription in a group context. Global Health Action 2023. doi. 10.1080/16549716.2023.2212950
6. Gavelin, H. M., Neely, A. S., Aronsson, I., Josefsson, M., & Andersson, L. (2023). Mental fatigue, cognitive performance and autonomic response following sus-tained mental activity in clinical burnout. Biological psychology, 183, 108661. <https://doi.org/10.1016/j.biopsycho.2023.108661>
7. Nelson, A., Gavelin, H. M., Boraxbekk, C. J., Eskilsson, T., Josefsson, M., Slunga Jä-rvholm, L., & Neely, A. S. (2021). Subjective cognitive complaints in patients with stress-related exhaustion disorder: a cross sectional study. BMC psychology, 9(1), 84. <https://doi.org/10.1186/s40359-021-00576-9>
8. Nelson, A., Malmberg Gavelin, H., Andersson, M., Josefsson, M., Eskilsson, T., Slunga-Järvholm, L., Stigsdotter Neely, A., Boraxbekk, CJ. Subjective cognitive com-plaints and its associations to response inhibition and neural activation in patients with stress-related exhaustion disorder. Stress 2023. doi. 10.1080/10253890.2023.2188092
9. Norström, F., Slunga-Järvholm, L., Eskilsson, T. Healthcare utilization among pa­tients with stress-induced exhaustion disorder treated with a multimodal rehabili-tation programme: a longitudinal observational study. BMC Psychiatry 2022. doi. 10.1186/s12888-022-04300-8
10. Eskilsson, T., Norlund, S., Lehti, A., Wiklund, M. Enhanced Capacity to Act: Manag­ers’ Perspectives When Participating in a Dialogue Based Workplace Intervention for Employee Return to Work. Journal of Occupational Rehabilitation [2020. doi. org/10.1007/s10926-020-09914-x](http://2020.doi.org/10.1007/s10926-020-09914-x)
11. Strömbäck, M., Fjellman-Wiklund, A., Keisu, S., Sturesson, M., Eskilsson, T. Restoring confidence in return to work: A qualitative study of the experiences of persons with exhaustion disorder after a dialogue-based workplace intervention. Plos One [2020. doi.org/10.1371/journal.pone.0234897](http://2020.doi.org/10.1371/journal.pone.0234897)
12. Malmberg Gavelin, H., Stigsdotter Neely, A., Dunås, T., Eskilsson, T., Järvholm L.S., Boraxbekk, C.J. Mental fatigue in stress-related exhaustion disorder: Structural brain correlates, clinical characteristics and relations with cognitive functioning. Neuroimage clin [2020. doi. org/10.1016/j.nicl.2020.102337](http://2020.doi.org/10.1016/j.nicl.2020.102337)
13. Eskilsson, T., Fjellman-Wiklund, A., Ek Malmer, E., Malmberg Gavelin, H., Stigsdotter Neely, A., Boraxbekk, C.J., Slunga Järvholm, L., Nordin, M. (2020). Hopeful struggling for health: Experiences of participating in computerized cognitive train-ing and aerobic training for persons with stress-related exhaustion disorder. Scand J Psychol. 2020:61(3):361-368. doi: 10.1111/sjop.12623
14. Malmberg Gavelin H, Eskilsson T, Boraxbekk CJ, Josefsson M, Stigsdotter Neely A, Slunga Järvholm L. Rehabilitation for improved cognition in patients with stress-related exhaustion disorder: RECO - a randomized clinical trial. Stress. 2018 Jul;21(4):279-291. doi: 10.1080/10253890.2018. 1461833
15. Gavelin HM, Neely AS, Andersson M, Eskilsson T, Slunga Järvholm L, Boraxbekk CJ. Neural activation in stress-related exhaustion: Cross-sectional observations and interventional effects. Psychiatry Res. 2017 Nov 30;269:17-25. doi: 10.1016/j.pscy-chresns.2017.08.008
16. Eskilsson T, Slunga Järvholm L, Malmberg Gavelin H, Stigsdotter Neely A, Borax-bekk CJ. Aerobic training for improved memory in patients with stress-related ex-haustion: a randomized controlled trial. BMC Psychia-try. 2017 Sep 2;17(1):322. doi: 10.1186/s12888-017-1457-1
17. Gavelin HM, Boraxbekk CJ, Stenlund T, Järvholm LS, Neely AS. Effects of a process-based cognitive training intervention for patients with stress-related exhaustion. Stress. 2015;18(5):578-88. doi: 10.3109/10253890.2015.1064892
18. Sonntag-Öström E, Stenlund T, Nordin M, Lundell Y, Ahlgren C, Fjellman-Wiklund A, et al. “Nature’s effect on my mind” – Patients’ qualitative experiences of a for-est-based rehabilitation programme. Urban Forestry & Urban Greening. 2015;14(3):607-614
19. Norlund S, Reuterwall C, Höög J, Janlert U, Slunga Jä-rvholm L. Work situation and self-perceived economic situation as predictors of change in burnout – a prospec-tive general population-based cohort study. BMC Public Health. 2015 April 3;15:329. doi: 10.1186/s12889-015-1681-x
20. Sonntag-Öström, E, Nordin M, Dolling A, Lundell Y, Nilsson L, Järvholm LS. Can re-habilitation in boreal forests help recovery from exhaustion disorder? The ran-domised clinical trial ForRest. Scandinavian Journal of Forest Research. 2015; 30(8):732-48. doi: 10.1080/02827581.2015.1046482
21. Sonntag-Öström, E, Nordin M, Lundell Y, Dolling A, Wiklund U, Karlsson M, et al. Restorative effects of visits to urban and forest environments in patients with ex-haustion disorder. Urban Forestry & Urban Greening. 2014;13(2), 344-54
22. Norlund S, Fjellman-Wiklund A, Nordin M, Stenlund T, Ahlgren C. Personal re-sources, and support when regaining the ability to work: an interview study with Exhaustion Disorder patients. J Occup Rehabil. 2013;23(2):270-9. doi: 10.1007/ s10926-012-9396-7
23. Stenlund T, Nordin M, Järvholm LS. Effects of rehabilitation programmes for pa­tients on long-term sick leave for burnout: A 3-year follow-up of the REST study. J Rehabil Med. 2012;44(8):684-90
24. Sonntag-Öström E, Nordin M, Järvholm LS, Lundell Y, Brännström R, Dolling A. Can the boreal forest be used for rehabilitation and recovery from stress-related ex-haustion? A pilot study. Scandinavian Journal of Forest Research. 2011(3);26:245­56
25. Norlund S, Reuterwall C, Höög J, Nordin M, Edlund C, Slunga Birgander L. Work re-lated factors and sick leave after rehabilitation in burnout patients: experiences from the REST-project. J Occup Rehabil. 2011 Mar;21(1):23-30. doi: 10.1007/s10926-010-9250-8
26. Fjellman-Wiklund A, Stenlund T, Steinholtz K, Ahlgren C. Take charge: Patients’ ex-periences during participation in a rehabilitation programme for burnout. J Rehabil Med. 2010;42:475-481
27. Norlund S, Reuterwall C, Höög J, Lindahl B, Janlert U, Birgander LS. Burnout, work-ing conditions and gender – results from the northern Sweden MONICA Study. BMC Public Health. 2010 Jun 9;10:326. doi: 10.1186/1471-2458-10-326
28. Stenlund T, Birgander LS, Lindahl B, Nilsson L, Ahlgren C. Effects of Qigong in pa­tients with burnout: a randomized controlled trial. J Rehabil Med. 2009 Sep;41(9):761-7. doi: 10.2340/16501977-0417
29. Stenlund T, Ahlgren C, Lindahl B, Burell G, Steinholtz K, Edlund C, et al. Cognitively oriented behavioral rehabilitation in combination with Qigong for patients on long-term sick leave because of burnout: REST--a randomized clinical trial. Int J Behav Med. 2009;16(3):294-303. doi: 10.1007/s12529-008-9011-7

20

1. Stenlund T, Ahlgren C, Lindahl B, Burell G, Knutsson A, Stegmayr B, Birgander LS. Patients with burnout in relation to gender and a general population. Scand J Pub­lic Health. 2007;35(5):516- 23
2. Öhman L, Nordin S, Bergdahl J, Birgander LS, Stigsdotter Neely A. Cognitive func-tion in outpatients with perceived chronic stress. Scand J Work Environ Health. 2007 jun;33(3):223-32