

Buffra stress i riktning mot välbefinnande
Interventionsstudier och utforskande studier med fokus på unga flickor

AKADEMISK AVHANDLING

som för avläggande av medicine doktorsexamen vid Sahlgrenska akademien
kommer att offentligen försvaras på Avdelningen för allmänmedicin,
Hus 2, sal 2119, Hälsovetarbacken, Göteborg,
torsdagen den 4 juni 2009, kl 13.00.

av

Katarina Haraldsson

Fakultetsopponent
Professor Terese Bondas
Högskolan Borås

Avhandlingen baseras på följande delarbeten:

- I** Haraldsson K, Fridlund B, Baigi A, Marklund B.
The self-reported health condition of women after their participation in a stress management programme: a pilot study
Health and Social Care in the Community 2005;**13**:224-230

- II** Haraldsson K, Lindgren E-C, Fridlund B, Baigi A, Lydell M, Marklund B.
Evaluation of a school-based health promotion programme for adolescents aged 12-15 years with focus on well-being related to stress
Public Health 2008;**122**:25-33

- III** Haraldsson K, Lindgren E-C, Mattsson B, Fridlund B, Marklund B.
Adolescent girls' experiences of underlying social processes that trigger stress in their everyday life: a grounded theory study
Submitted

- IV** Haraldsson K, Lindgren E-C, Hildingh C, Marklund B.
What makes the everyday life of adolescent girls less stressful - a qualitative analysis
Submitted

Göteborg 2009



GÖTEBORGS UNIVERSITET

Sahlgrenska akademien vid Göteborgs universitet

Buffering stress towards well-being.

Interventive and explorative studies with focus on adolescent girls.

Katarina Haraldsson, Sahlgrenska School of Public Health and Community Medicine, Department of Primary Health Care, University of Gothenburg. Language: Swedish.

Abstract

Background: Stress is a widespread phenomenon in society today. There is an increase in stress related ill health especially in adolescent girls. Against this background it is important to evaluate and explore what is buffering stress towards well-being for this target group, which is the overall aim of the thesis.

Article 1: *Aim:* To compare and evaluate the self-reported health condition of women after participation in a stress management program. *Study design:* Pilot study. Intervention with modified crossover design. *Method:* Forty women divided into two groups comprised an intervention program based on mental training and massage. A questionnaire was filled in before and after the intervention and after another 8 weeks. *Result:* The intervention demonstrated positive influences on the health condition of female participants in the form of fewer general symptoms, stress reduction and improved SOC. *Conclusion:* The findings indicate that the stress management program affected the health in a positive way.

Article 2: *Aim:* To evaluate a school-based adolescent health promotion program with focus on well-being related to stress. *Study design:* Interventional and evaluative with tests before and after the intervention. *Method:* A health promotion program comprising mental training and massage was implemented for a single academic year in one school (n=153). No intervention was implemented in another school (n=287). A questionnaire was developed and tested resulted in 23 items (Cronbach's alpha 0,86). *Result:* In the intervention school both the boys and the girls maintained a very good or good sense of well-being related to stress in higher frequency than in the non-intervention school. *Conclusion:* Massage and mental training for adolescents helped to maintain their well-being related to stress during an academic year.

Article 3: *Aim:* To generate a theoretical model of underlying social processes that trigger stress in adolescent girls. *Study design:* Explorative. *Method:* In-depth interviews were conducted with fourteen 17-year old girls about their experiences of stress at home, school and during leisure time. Data were analyzed by means of the grounded theory method. *Result:* Stress was triggered in the interaction between responsibility and the way in which the girls were encountered. Different emotional reactions of stress were triggered depending on whether the girls assumed responsibility for various situations voluntarily or were forced in interaction with an encounter characterized by closeness or distance. *Conclusion:* The model describes and explains a complex picture of the underlying social processes that trigger stress in adolescent girls.

Article 4: *Aim:* To illuminate adolescent girls' experiences about what makes everyday life less stressful. *Study design:* Explorative. *Method:* In-depth interviews were conducted with fifteen 17-year old girls. Data were analyzed with qualitative content analysis. *Result:* Three categories emerged with the latent content of "Access to sources of power". *Conclusion:* The result presents different sources of power assisting adolescent girls when buffering stress.

Implications: From the public health perspective the results of the thesis constitutes an important basis for practical application and future studies about buffering stress towards well-being with focus on adolescent girls.

Keywords: Adolescent girls, buffering stress, health promotion, intervention, massage, mental training, public health, questionnaire, salutogenic perspective, stress management