



**Institutionen för klinisk neurovetenskap**  
Avdelningen för försäkringsmedicin

## **Curriculum Vitae – Magnus Helgesson, född 1974**

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### **AKADEMISKA EXAMINA**

- 2015            Medicine Doktor, Uppsala Universitet (*Avhandlingen innehöll fyra registerstudier om marginalisering på arbetsmarknaden bland invandrare och infödda, baserat på stora länkade databaser från SCB och Socialstyrelsen*)
- 2003            Kandidatexamen i Nationalekonomi, Uppsala Universitet

### **ANSTÄLLNINGAR**

#### **Nuvarande anställning**

- 2020 –            Biträdande lektor, Institutionen för klinisk neurovetenskap,  
Avdelningen för försäkringsmedicin, Karolinska Institutet

#### **Tidigare anställningar**

- 2016 – 2020      Postdoktor, Institutionen för klinisk neurovetenskap,  
Avdelningen för försäkringsmedicin, Karolinska Institutet
- 2015 - 2016      Forskare, Institutionen för medicinska vetenskaper, Uppsala Universitet
- 2012              Utredare, Inspektionen för socialförsäkringen
- 2008 - 2015      Forskningsassistent/Doktorand, Institutionen för medicinska vetenskaper,  
Uppsala Universitet
- 2007              Handläggare, Länsstyrelsen, Uppsala
- 2005-2006      (Föräldraledig)
- 2003-2004      Utredare, Försäkringskassan, Uppsala
- 2003              Utredare, Riksförsäkringsverket
- 1994-1998      *Musiker och pianolärare*

### **KOMPETENS MED AVSEENDE PÅ UNDERVISNING**

#### **Migranter och hälsa**

- Global migration
- Migration och ohälsa
- Migration och social integration
- Migration och sjukvård

#### **Socialförsäkring och marginalisering på arbetsmarknaden**

- Socialförsäkringssystem i Sverige och internationellt

- Välfärdsberoende, marginalisering på arbetsmarknaden och ohälsa

### Hälsoekonomi

- Hälsoekonomins principer
- Styrka och svaghet i olika hälsoekonomiska metoder

### Forskningsmetodologi

- Epidemiologi
- Systematiska granskningar

## FORSKNINGSMEDEL

### Huvudsökande

1. AFA Försäkring (2020) ” Att delta i arbetslivet trots depressions- och ångestsjukdomar - vilken inverkan har arbetsplatsfaktorer och behandling för arbetare i privata sektorn ” (SEK 4 900 000)
2. AFA Försäkring (2019) ” Hyperaktivitetsstörningar bland unga vuxna inom privat sektor – hur påverkar diagnos och medicinering senare arbetsanknytning och sjukfrånvaro? ” (SEK 5 300 000)
3. AFA Försäkring (2017) ” De mest sjukskrivna - Vilken roll spelar kombinationen av fysiska och psykosociala belastningar för sjukfrånvaro bland anställda inom vård och omsorg? ” (SEK 4 200 000)

### Medsökande

1. Försäkringskassan (2022) ”Förutsättningar för ökad inkludering och hållbarhet i arbetslivet för unga vuxna med OCD” (SEK 4 429 000).
2. EU (2020): RESPOND: *Improving the Preparedness of Health Systems to Reduce Mental Health and Psychosocial Concerns resulting from the COVID-19 Pandemic*. 14 partners från Nederländerna, Australien, Belgien, Tyskland, Spanien, Frankrike, Italien, Sverige och Storbritannien (delar på SEK 62 miljoner, varav 14 miljoner till KI)
3. Forte (2019): ”*VITALIS - Långtidssuppföljning av ett interventionsprojekt för återgång i arbete och förbättrad hälsa för långtidssjukskrivna personer*” (SEK 1 848 000).
4. Vetenskapsrådet (2019): ”*Psykisk ohälsa och social integration bland flyktingbarn - orsaker, prognos, prevention och behandling*” (SEK 24 900 000)
5. AFA Försäkring (2019) ”*Depression/ångestsyndrom samt sjukfrånvaro bland unga arbetare i privat sektor – mönster och betydelsen av arbetsmiljöfaktorer*” (SEK 4 100 000)
6. Forte (2018): *Nätverk för arbetslivsinriktad omsorgsforskning* (SEK 450 000).
7. Vetenskapsrådet (2017): ”*Suicidalt beteende och vård - ojämlikhet bland flyktingar, migranter och infödda svenska?*” (SEK 3 450 000)
8. Forte (2016): *Mental health, resiliency, and social participation among refugees in Sweden* (SEK 9 000 000)
9. Forte (2015): *Psykisk ohälsa och marginalisering på arbetsmarknaden – ojämlikhet mellan infödda svenska och immigranter?* (SEK 2 230 000)
10. AFA Försäkring (2015): *Arbetsförmåga relaterad till ryggsmärta – vilken roll spelar psykiatrisk samsjuklighet och ryggoperation?* (SEK 3 905 000)
11. FAS (Forte) (2011). *Arbete, slutenvård, aktivitets- och sjukersättning och död – en jämförelse mellan svenskfödda och utlandsfödda i Sverige. En longitudinell registerstudie med särskild belysning på unga.* (SEK 2 000 000)

## ÖVRIGT

1. Medlem i styrgruppen för Junior Faculty vid Karolinska Institutet 2016-2019
2. Sekreterare för Junior Faculty vid Karolinska Institutet 2018 och 2019
3. Medlem i organisationsgruppen för Junior Faculty-event på Institutionen för klinisk neurovetenskap 2016-2018.

## PUBLIKATIONER

### Referee-granskade artiklar

1. Virtanen M, Lallukka T, Alexanderson K, **Helgesson M**, Heikkilä K, Ervasti J, Pentti J, Vahtera J, Kivimäki M, Mittendorfer-Rutz E. Clustering of social disadvantage with attention-deficit/hyperactivity disorder in young adults: A register-based study in Sweden. *Scandinavian journal of psychology* 2022 63;4 277-282
2. Björkenstam E, **Helgesson M**, Norredam M, Sijbrandij M, de Montgomery CJ, Mittendorfer-Rutz E. Differences in psychiatric care utilization between refugees, non-refugee migrants and Swedish-born youth. *Psychological medicine* 2022 52;7 1365-1375
3. **Helgesson M**, Björkenstam E, Filatova S, Rahman SG, Cullen A, Dorner T, Gémes K, Amin R, Mittendorfer-Rutz E. Mental and somatic disorders and the subsequent risk of all-cause and cause-specific mortality in refugees, non-refugee migrants and the Swedish-born youth: a population-based cohort study in Sweden. *BMJ open* 2022 12;5 e054351-
4. Gémes K, Björkenstam E, Rahman S, Gustafsson K, Taipale H, Tanskanen A, Ekselius L, Mittendorfer-Rutz E, **Helgesson M**. Occupational Branch and Labor Market Marginalization among Young Employees with Adult Onset of Attention Deficit Hyperactivity Disorder-A Population-Based Matched Cohort Study. *International journal of environmental research and public health* 2022 19;12
5. Brendler-Lindqvist M, Tondel M, **Helgesson M**, Nordqvist T, Svartengren M. Overqualification at work and risk of hospitalization for psychiatric and somatic diseases among immigrants in Sweden - a prospective register-based study. *Scandinavian journal of work, environment & health* 2022 ;
6. Chen L, Mittendorfer-Rutz E, Björkenstam E, Rahman S, Gustafsson K, Taipale H, Tanskanen A, Ekselius L, **Helgesson M**. Risk Factors for Disability Pension among Young Adults Diagnosed with Attention-deficit Hyperactivity Disorder (ADHD) in Adulthood. *Journal of attention disorders* 2022 26;5 723-734

7. Björkenstam E, **Helgesson M**, Gustafsson K, Virtanen M, Hanson LLM, Mittendorfer-Rutz E. Sickness absence due to common mental disorders in young employees in Sweden: are there differences in occupational class and employment sector?. *Social psychiatry and psychiatric epidemiology* 2022 57;5 1097-1106
8. Björkenstam E, **Helgesson M**, Mittendorfer-Rutz E. Childhood adversity and common mental disorders in young employees in Sweden: is the association affected by early adulthood occupational class?. *Social psychiatry and psychiatric epidemiology* 2021 56;2 237-246
9. Dorner TE, Mittendorfer-Rutz E, **Helgesson M**, Lallukka T, Ervasti J, Pazarlis K, Ropponen A, Svedberg P, Wang M, Rahman S. Diagnosis-Specific Work Disability before and after Lumbar Spine Decompression Surgery-A Register Study from Sweden. *International journal of environmental research and public health* 2021 18;17
10. **Helgesson M**, Rahman S, Saboonchi F, Mittendorfer Rutz E. Disability pension and mortality in individuals with specific somatic and mental disorders: examining differences between refugees and Swedish-born individuals. *Journal of epidemiology and community health* 2021 75;8 721-728
11. Amin R, Mittendorfer-Rutz E, Mehlum L, Runeson B, **Helgesson M**, Tinghog P, Björkenstam E, Holmes EA, Qin P. Does country of resettlement influence the risk of suicide in refugees? A case-control study in Sweden and Norway. *EPIDEMIOLOGY AND PSYCHIATRIC SCIENCES* 2021 30;
12. **Helgesson M**, Marklund S, Gustafsson K, Aronsson G, Leineweber C. Favorable Working Conditions Related to Health Behavior Among Nurses and Care Assistants in Sweden-A Population-Based Cohort Study. *Frontiers in public health* 2021 9; 681971-
13. Amin R, Rahman S, Tinghög P, **Helgesson M**, Runeson B, Björkenstam E, Qin P, Mehlum L, Holmes EA, Mittendorfer-Rutz E. Healthcare use before and after suicide attempt in refugees and Swedish-born individuals. *Social psychiatry and psychiatric epidemiology* 2021 56;2 325-338
14. Taipale H, Niederkrotenthaler T, **Helgesson M**, Sijbrandij M, Berg L, Tanskanen A, Mittendorfer-Rutz E. Initiation of antidepressant use among refugee and Swedish-born youth after diagnosis of a common mental disorder: findings from the REMAIN study. *Social psychiatry and psychiatric epidemiology* 2021 56;3 463-474
15. **Helgesson M**, Björkenstam E, Rahman S, Gustafsson K, Taipale H, Tanskanen A, Ekselius L, Mittendorfer-Rutz E. Labour market marginalisation in young adults diagnosed

with attention-deficit hyperactivity disorder (ADHD): a population-based longitudinal cohort study in Sweden. *Psychological medicine* 2021 ; 1-9

16. Björkenstam E, **Helgesson M**, Gustafsson K, Virtanen M, Hanson LLM, Mittendorfer-Rutz E. Occupational class and employment sector differences in common mental disorders: a longitudinal Swedish cohort study. *European journal of public health* 2021 31;4 809-815

17. Taipale H, Niederkrotenthaler T, Tanskanen A, Cullen AE, **Helgesson M**, Berg L, Sijbrandij M, Klimek P, Mittendorfer-Rutz E. Persistence of antidepressant use among refugee youth with common mental disorder. *Journal of affective disorders* 2021 294; 831-837

18. Di Thiene D, **Helgesson M**, Rahman S, Alexanderson K, Tiihonen J, La Torre G, Mittendorfer-Rutz E. Risk of labour market marginalisation among young refugees and non-refugee migrants with common mental disorders. *Social psychiatry and psychiatric epidemiology* 2021 56;6 1025-1034

19. **Helgesson M**, Gustafsson K, Marklund S, Aronsson G, Leineweber C. Sickness Absence and Sickness Presence Among Health and Care Employees in Sweden-Health Complaints, Health Behavior, and Future Long-Term Sickness Absence. *Journal of occupational and environmental medicine* 2021 63;6 514-520

20. Amin R, **Helgesson M**, Runeson B, Tinghög P, Mehlum L, Qin P, Holmes EA, Mittendorfer-Rutz E. Suicide attempt and suicide in refugees in Sweden - a nationwide population-based cohort study. *Psychological medicine* 2021 51;2 254-263

21. Aronsson G, Marklund S, Leineweber C, **Helgesson M**. The changing nature of work - Job strain, job support and sickness absence among care workers and in other occupations in Sweden 1991-2013. *SSM - population health* 2021 15; 100893-

22. Amin R, Rahman S, **Helgesson M**, Björkenstam E, Runeson B, Tinghög P, Mehlum L, Qin P, Mittendorfer-Rutz E. Trajectories of antidepressant use before and after a suicide attempt among refugees and Swedish-born individuals: a cohort study. *International journal for equity in health* 2021 20;1 131-

23. **Helgesson M**, Rahman S, Björkenstam E, Gustafsson K, Amin R, Taipale H, Tanskanen A, Ekselius L, Mittendorfer-Rutz E. Trajectories of labour market marginalisation among young adults with newly diagnosed attention-deficit/hyperactivity disorder (ADHD). *EPIDEMIOLOGY AND PSYCHIATRIC SCIENCES* 2021 30; e67-

24. Björkenstam E, **Helgesson M**, Norredam M, Sijbrandij M, de Montgomery CJ, Mittendorfer-Rutz E. Common mental disorders among young refugees in Sweden: The role of education and duration of residency. *Journal of affective disorders* 2020 266; 563-571
25. Björkenstam E, **Helgesson M**, Norredam M, Sijbrandij M, de Montgomery CJ, Mittendorfer-Rutz E. Common mental disorders among young refugees in Sweden: The role of education and duration of residency. *JOURNAL OF AFFECTIVE DISORDERS* 2020 270; 189-197
26. Amin R, Rahman S, Dorner TE, Björkenstam E, **Helgesson M**, Norredam ML, Sijbrandij M, Sever CA, Mittendorfer-Rutz E. Country of birth, time period of resettlement and subsequent treated common mental disorders in young refugees in Sweden. *European journal of public health* 2020 30;6 1169-1175
27. **Helgesson M**, Marklund S, Gustafsson K, Aronsson G, Leineweber C. Interaction Effects of Physical and Psychosocial Working Conditions on Risk for Sickness Absence: A Prospective Study of Nurses and Care Assistants in Sweden. *International journal of environmental research and public health* 2020 17;20
28. Björkenstam E, **Helgesson M**, Amin R, Lange T, Mittendorfer-Rutz E. Mental disorders and suicidal behavior in refugees and Swedish-born individuals: is the association affected by work disability?. *Social psychiatry and psychiatric epidemiology* 2020 55;8 1061-1071
29. Björkenstam E, **Helgesson M**, Amin R, Mittendorfer-Rutz E. Mental disorders, suicide attempt and suicide: differences in the association in refugees compared with Swedish-born individuals. *The British journal of psychiatry : the journal of mental science* 2020 217;6 679-685
30. Gustafsson K, Marklund S, Leineweber C, Bergström G, Aboagye E, **Helgesson M**. Presenteeism, Psychosocial Working Conditions and Work Ability among Care Workers-A Cross-Sectional Swedish Population-Based Study. *International journal of environmental research and public health* 2020 17;7
31. Niederkrotenthaler T, Mittendorfer-Rutz E, Saboonchi F, **Helgesson M**. The role of refugee status and mental disorders regarding subsequent labour market marginalisation: a register study from Sweden. *Social psychiatry and psychiatric epidemiology* 2020 55;6 697-704
32. Leineweber C, Marklund S, Gustafsson K, **Helgesson M**. Work environment risk factors for the duration of all cause and diagnose-specific sickness absence among healthcare



workers in Sweden: a prospective study. *Occupational and environmental medicine* 2020 77;11 782-789

33. Ropponen A, Rahman SG, Svedberg P, **Helgesson M**, Dorner TE, Mittendorfer-Rutz E. Changes in prescription of antidepressants and disability pension due to back pain, compared with other musculoskeletal and other somatic diagnoses: a cohort study in Sweden. *BMJ open* 2019 9;9 e029836-

34. Wang M, Mittendorfer-Rutz E, Dorner TE, Pazarlis KA, Ropponen A, Svedberg P, **Helgesson M**. Determinants of work disability following lumbar spine decompression surgery. *Scandinavian journal of public health* 2019 47;3 281-292

35. **Helgesson M**, Johansson B, Nordquist T, Vingård E, Svartengren M. Healthy migrant effect in the Swedish context: a register-based, longitudinal cohort study. *BMJ open* 2019 9;3 e026972-

36. **Helgesson M**, Wang M, Niederkrotenthaler T, Saboonchi F, Mittendorfer-Rutz E. Labour market marginalisation among refugees from different countries of birth: a prospective cohort study on refugees to Sweden. *Journal of epidemiology and community health* 2019 73;5 407-415

37. Pérez-Vigil A, Mittendorfer-Rutz E, **Helgesson M**, Fernández de la Cruz L, Mataix-Cols D. Labour market marginalisation in obsessive-compulsive disorder: a nationwide register-based sibling control study. *Psychological medicine* 2019 49;6 1015-1024

38. Okenwa-Emegwa L, Saboonchi F, Mittendorfer-Rutz E, **Helgesson M**, Tinghög P. Prevalence and predictors of low future expectations among Syrian refugees resettled in Sweden. *Heliyon* 2019 5;10 e02554-

39. Wang M, Vaez M, Dorner TE, Rahman S, **Helgesson M**, Ivert T, Mittendorfer-Rutz E. Risk factors for subsequent work disability in patients with acute myocardial infarction. *European journal of public health* 2019 29;3 531-540

40. Wang M, Vaez M, Dorner TE, Rahman SG, **Helgesson M**, Ivert T, Mittendorfer-Rutz E. Sociodemographic, labour market marginalisation and medical characteristics as risk factors for reinfarction and mortality within 1 year after a first acute myocardial infarction: a register-based cohort study of a working age population in Sweden. *BMJ open* 2019 9;12 e033616-

41. Di Thiene D, Mittendorfer-Rutz E, Rahman S, Wang M, Alexanderson K, Tiihonen J, La Torre G, **Helgesson M**. Trajectories of sickness absence, disability pension and

unemployment in young immigrants with common mental disorders. *European journal of public health* 2019 29;6 1055-1062

42. Rahman S, Mittendorfer-Rutz E, Dorner TE, Pazarlis K, Ropponen A, Svedberg P, Wang M, **Helgesson M**. Work-disability in low back pain patients with or without surgery, and the role of social insurance regulation changes in Sweden. *European journal of public health* 2019 29;3 524-530

43. Bokenberger K, Rahman S, Wang M, Vaez M, Dorner TE, **Helgesson M**, Ivert T, Mittendorfer-Rutz E. Work disability patterns before and after incident acute myocardial infarction and subsequent risk of common mental disorders: A Swedish cohort study. *Scientific reports* 2019 9;1 16086-

44. Marklund S, Gustafsson K, Aronsson G, Leineweber C, **Helgesson M**. Working conditions and compensated sickness absence among nurses and care assistants in Sweden during two decades: a cross-sectional biennial survey study. *BMJ open* 2019 9;11 e030096-

45. Dorner TE, **Helgesson M**, Nilsson K, Pazarlis KA, Ropponen A, Svedberg P, Mittendorfer-Rutz E. Course and characteristics of work disability 3 years before and after lumbar spine decompression surgery- a national population-based study. *Scientific reports* 2018 8;1 11811-

46. Di Thiene D, Rahman S, **Helgesson M**, Wang M, Alexanderson K, Tiihonen J, La Torre G, Mittendorfer-Rutz E. Healthcare use among immigrants and natives in Sweden on disability pension, before and after changes of regulations. *European journal of public health* 2018 28;3 445-451

47. Niederkrotenthaler T, **Helgesson M**, Rahman S, Wang M, Mittendorfer-Rutz E. Period effects in the risk of subsequent labour market marginalisation in young suicide attempters. *European journal of public health* 2018 28;2 253-258

48. **Helgesson M**, Tinghög P, Wang M, Rahman S, Saboonchi F, Mittendorfer-Rutz E. Trajectories of work disability and unemployment among young adults with common mental disorders. *BMC public health* 2018 18;1 1228-

49. Werlen L, **Helgesson M**, Mittendorfer-Rutz E. Differences in predictors of permanent work disability between immigrants and natives: a cohort study of adults with sick leave due to common mental disorders. *BMJ open* 2017 7;3 e014431-



50. **Helgesson M**, Tinghög P, Niederkrotenthaler T, Saboonchi F, Mittendorfer-Rutz E. Labour-market marginalisation after mental disorders among young natives and immigrants living in Sweden. *BMC public health* 2017 17;1 593-
51. Niederkrotenthaler T, Wang M, **Helgesson M**, Wilcox H, Gould M, Mittendorfer-Rutz E. Labour market marginalisation subsequent to suicide attempt in young migrants and native Swedes. *Social psychiatry and psychiatric epidemiology* 2017 52;5 549-558
52. Di Thiene D, **Helgesson M**, Alexanderson K, La Torre G, Tiihonen J, Mittendorfer-Rutz E. Risk of disability pension in first and second generation immigrants: the role of age and region of birth in a prospective population-based study from Sweden. *BMC PUBLIC HEALTH* 2017 17; 931-
53. Wang M, **Helgesson M**, Rahman S, Niederkrotenthaler T, Mittendorfer-Rutz E. Trajectories and characteristics of functional impairment before and after suicide attempt in young adults - a nationwide register-based cohort study. *BMC PSYCHIATRY* 2017 17; 393-
54. **Helgesson M**, Johansson B, Wernroth L, Vingard E. Exposure to different lengths of sick leave and subsequent work absence among young adults. *BMC PUBLIC HEALTH* 2016 16; 51-
55. **Helgesson M**, Johansson B, Nordqvist T, Lundberg I, Vingard E. Sickness absence at a young age and later sickness absence, disability pension, death, unemployment and income in native Swedes and immigrants. *EUROPEAN JOURNAL OF PUBLIC HEALTH* 2015 25;4 688-92
56. **Helgesson M**, Johansson B, Nordqvist T, Lundberg I, Vingard E. Unemployment at a Young Age and Later Unemployment in Native Swedish and Immigrant Young Adults. *Modern Economy*. 2014;Vol.05No.01:8.
57. **Helgesson M**, Johansson B, Nordqvist T, Lundberg I, Vingard E. Unemployment at a young age and later sickness absence, disability pension and death in native Swedes and immigrants. *EUROPEAN JOURNAL OF PUBLIC HEALTH* 2013 23;4 606-10
58. Johansson B, **Helgesson M**, Lundberg I, Nordqvist T, Leijon O, Lindberg P, Vingård E. Work and health among immigrants and native Swedes 1990-2008: a register-based study on hospitalization for common potentially work-related disorders, disability pension and mortality. *BMC public health* 2012 12; 845-

## Rapporter

1. Vingård, E., Ekselius, L., Järholm, B., Hogstedt, C., Lindberg, P., Karlsson, T., **Helgesson, M.**, Johansson, B. *En kunskapsöversikt - Psykisk ohälsa, arbetsliv och sjukfrånvaro*. Rapport Forte- Forskningsrådet för hälsa, arbetsliv och välfärd, 2015.
2. Westerholm, P., Lundberg, I., Anderzén, I., Lytsy, P., **Helgesson, M.**, Gustafsson, M., Palmer, E. *Evidence-based methods for enhancing the labour force entrance of people with mental disabilities -A systematic literature review*. Socialförsäkringsrapport 2015:10. Försäkringskassan, 2015.
3. Westerholm, P., Lundberg, I., Fredriksson, K., Anderzén, I., Lytsy, P., **Helgesson, M.**, Gustafsson, M., Zaar, K. *Aktivitetsersättning – en väg till arbete?* Socialförsäkringsrapport 2013:3. Försäkringskassan (Swedish Social Insurance Agency), 2013.
4. Karnehed, N., Wahlfridsson, A., Hamrén, B., Hardt, C. J., Persson-Scill, H., Aili, K., Jakobsson-Randers, M., **Helgesson, M.** *När sjukpenning nekas (When sickness allowance are denied) [In Swedish]*. Rapport 2013:1. Inspektionen för Socialförsäkring (The Swedish Social Insurance Inspectorate), 2013.
5. **Helgesson, M.**, Olsson-Bohlin, C. *Egenskaper vid 2003 års RFV-LS undersökning RFV Redovisar 2003:4*, Riksförsäkringsverket, 2003.

## Kapitel i lärobok

1. **Helgesson, M.**, Johansson, B., Lundberg, I., Vingård, E. *Unemployment at a young age and future unemployment, sickness absence, disability pension and death in Sweden* in Current topics in Occupational Epidemiology, Venables, Kate (ed.) Oxford University Press 2013.