

Digital bilaga: **Studier om utmattningssyndrom (2015 och framåt)**

Denna bilaga listar studier om utmattningssyndrom enligt svenska diagnostiska kriterierna som publicerats efter den första utgåvan av riktlinjerna (2015 och framåt). Referenserna är ordnade så att de nyaste referenserna ligger först.

Bartfai A, Åsberg M, Beser A, Sorjonen K, Wilczek A, Warkentin S. Impaired cognitive functioning in stress-induced exhaustion disorder: a new tablet-based assessment. *BMC Psychiatry*. 2021 Sep 18;21(1):459. doi: 10.1186/s12888-021-03454-1. PMID: 34537040; PMCID: PMC8449908.

Gavelin HM, Neely AS, Aronsson I, Josefsson M, Andersson L. Mental fatigue, cognitive performance and autonomic response following sustained mental activity in clinical burnout. *Biol Psychol*. 2023 Oct;183:108661. doi: 10.1016/j.biopsych.2023.108661.

Malmberg Gavelin H, Boraxbekk C.-J, Stenlund T, Slunga Järvholt L, Stigsdotter Neely A. (2015) Effects of a process-based cognitive training intervention for patients with stress-related exhaustion, *Stress*, 18:5, 578-588. doi: 10.3109/10253890.2015.1064892.

Nelson A, Gavelin H.M, Boraxbekk C.J, Eskilsson, T, Josefsson M, Slunga Järvholt L, Neely A.S. Subjective cognitive complaints in patients with stress-related exhaustion disorder: a cross sectional study. *BMC Psychol*. 2021 May 18;9(1):84. doi: 10.1186/s40359-021-00576-9. PMID: 34006315; PMCID: PMC8132387.

Gavelin H.M, Neely A.S, Andersson M, Eskilsson T, Järvholt L.S, Boraxbekk C.J. Neural activation in stress-related exhaustion: Cross-sectional observations and interventional effects. *Psychiatry Res Neuroimaging*. 2017 Nov 30;269:17-25. doi: 10.1016/j.psychresns.2017.08.008. Epub 2017 Sep 14. PMID: 28917154.

Arthur Cully S, Björnsdotter M. Lateral prefrontal cortex thickness is associated with stress but not cognitive fatigue in exhaustion disorder. *Front Psychiatry*. 2023 Dec 21;14:1314667. doi: 10.3389/fpsyg.2023.1314667. PMID: 38193132; PMCID: PMC10772140.

Savic I. MRS Shows Regionally Increased Glutamate Levels among Patients with Exhaustion Syndrome Due to Occupational Stress. *Cereb Cortex*. 2020 May 18;30(6):3759-3770. doi: 10.1093/cercor/bhz340. PMID: 32195540.

Grossi G, Perski A, Osika W, Savic I. Stress-related exhaustion disorder – clinical manifestation of burnout? A review of assessment methods, sleep impairments, cognitive disturbances, and neurobiological and physiological changes in clinical burnout. *Scand J Psychol*. 2015 Dec; 56(6):626-36. doi: 10.1111/sjop.12251. Epub 2015 Oct 23. PMID: 26496458.

Jönsson P, Österberg K, Wallergård M, Hansen Å.M, Ga Bartfai A, Åsberg M, Beser, A., Sorjonen, K., Wilczek A, Warkentin S. Impaired cognitive functioning in stress-induced exhaustion disorder: a new tablet-based assessment. *BMC Psychiatry*. 2021 Sep 18;21(1):459. doi: 10.1186/s12888-021-03454-1. PMID: 34537040; PMCID: PMC8449908.

Lindsäter E, van de Leur J.C, Rück C, Hedman-Lagerlöf E, Bianchi R. Psychometric and structural properties of the Karolinska Exhaustion Disorder Scale: a 1,072-patient study. *BMC Psychiatry*. 2023 Sep 2;23(1):642. doi: 10.1186/s12888-023-05138-4. PMID: 37660017; PMCID: PMC10475192.

Franke Föyen L, Sennerstam V, Kontio E, Lekander M, Hedman-Lagerlöf E, Lindsäter E. Objective cognitive functioning in patients with stress-related disorders: a cross-sectional study using remote digital cognitive testing. *BMC Psychiatry*. 2023 Aug 7;23(1):565. doi: 10.1186/s12888-023-05048-5. PMID: 37550693; PMCID: PMC10405463.

Lindsäter E, Svärdman F, Rosquist P, Wallert J, Ivanova E, Lekander M, Söderholm A, Rück C. Characterization of exhaustion disorder and identification of outcomes that matter to patients: Qualitative content analysis of a Swedish national online survey. *Stress Health*. 2023 Oct;39(4):813-827. doi: 10.1002/stmi.3224. Epub 2023 Jan 27. PMID: 36645034.

Lindsäter E, Svärdman F, Wallert J, Ivanova E, Söderholm A, Fondberg R, Nilsonne G, Cervenka S, Lekander M, Rück C. Exhaustion disorder: scoping review of research on a recently introduced stress-related diagnosis. *BJPsych Open*. 2022 Aug 24;8(5):e159. doi: 0.1192/bjo.2022.559. PMID: 36458830; PMCID: PMC9438479.

Salomonsson S, Santoft F, Lindsäter E, Ejebey K, Ingvar M, Ljótsson B, Öst LG, Lekander M, Hedman-Lagerlöf E. Effects of cognitive behavioural therapy and return-to-work intervention for patients on sick leave due to stress-related disorders: Results from a randomized trial. *Scand J Psychol*. 2020 Apr;61(2):281-289. doi: 10.1111/sjop.12590. Epub 2019 Nov 6. PMID: 31691305.

Lindsäter E, Axelsson E, Salomonsson S, Santoft F, Ljótsson B, Åkerstedt T, Lekander M, Hedman-Lagerlöf E. Cost-Effectiveness of Therapist-Guided Internet-Based Cognitive Behavioral Therapy for Stress-Related Disorders: Secondary Analysis of a Randomized Controlled Trial. *J Med Internet Res*. 2019 Sep 13;21(9):e14675. doi: 10.2196/14675. PMID: 31586370; PMCID: PMC6788336.

Lindsäter E, Axelsson E, Salomonsson S, Santoft F, Ejebey K, Ljótsson B, Åkerstedt T, Lekander M, Hedman-Lagerlöf E. Internet-Based Cognitive Behavioral Therapy for Chronic Stress: A Randomized Controlled Trial. *Psychother Psychosom*. 2018;87(5):296-305. doi: 10.1159/000490742. Epub 2018 Jul 24. PMID: 30041167.

Axelsson E, Lindsäter E, Ljótsson B, Andersson E, Hedman-Lagerlöf E. The 12-item Self-Report World Health Organization Disability Assessment Schedule (WHODAS) 2.0 Administered Via the Internet to Individuals With Anxiety and Stress Disorders: A Psychometric Investigation Based on Data From Two Clinical Trials. *JMIR Ment Health*. 2017 Dec 8;4(4):e58. doi: 10.2196/mental.7497. PMID: 29222080; PMCID: PMC5741825.

Salomonsson S, Santoft F, Lindsäter E, Ejebey K, Ljótsson B, Öst L.G, Ingvar M, Lekander M, Hedman-Lagerlöf E. Stepped care in primary care – guided self-help and face-to-face cognitive behavioural therapy for common mental disorders: a randomized controlled trial. *Psychol Med*. 2018 Jul;48(10):1644-1654. doi: 10.1017/S0033291717003129. Epub 2017 Nov 2. PMID: 29095133.

Wallensten J, Ljunggren G, Nager A, Wachtler C, Petrovic P, Carlsson A.C. Differences in psychiatric comorbidity patterns in patients diagnosed with chronic stress-induced exhaustion disorder and depression - A cohort study in the total population of Region Stockholm. *J Affect Disord*. 2024 Feb 6;351:765-773. doi: 10.1016/j.jad.2024.01.273. Epub ahead of print. PMID: 38331048.

Wallensten J, Mobarrez F, Åsberg M, Borg K, Beser A, Wilczek A, Nager A. Plasma levels of S100B and neurofilament light chain protein in stress-related mental disorders. *Sci Rep*. 2022 May 18;12(1):8339. doi: 10.1038/s41598-022-12287-1. PMID: 35585111; PMCID: PMC9117317.

Wallensten J, Mobarrez F, Åsberg M, Borg K, Beser A, Wilczek A, Nager A. Isoforms of soluble vascular endothelial growth factor in stress-related mental disorders: a cross-sectional study. *Sci Rep*. 2021 Aug 17;11(1):16693. doi: 10.1038/s41598-021-96313-8. Erratum in: *Sci Rep*. 2023 Jun multimodal intervention for exhaustion disorder. *BMC Public Health*. 2023 Oct 11;23(1):1976. doi: 10.1186/s12889-023-16799-x. PMID: 37821913; PMCID: PMC10568869.

van de Leur J.C, Jovicic F, Åhslund A, McCracken L.M, Buhrman M. Psychological Treatment of Exhaustion Due to Persistent Non-Traumatic Stress: A Scoping Review. *Int J Behav Med.* 2023 Jun 12. doi: 10.1007/s12529-023-10185-y. Epub ahead of print. PMID: 37308772.

van de Leur J.C, Buhrman M, Åhs F, Rozental A, Jansen G.B. Standardized multimodal intervention for stress-induced exhaustion disorder: an open trial in a clinical setting. *BMC Psychiatry.* 2020 Nov 5; 20(1):526. doi: 10.1186/s12888-020-02907-3. PMID: 33153461; PMCID: PMC7643309.

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. *Glob Health Action.* 2023 Dec 31; 16(1):2212950. doi: 10.1080/16549716.2023.2212950. PMID: 37314383; PMCID: PMC10269406.

Norström F, Järvholt L.S, Eskilsson T. Healthcare utilisation among patients with stress-induced exhaustion disorder treated with a multimodal rehabilitation programme – a longitudinal observational study. *BMC Psychiatry.* 2022 Oct 13; 22(1):642. doi: 10.1186/s12888-022-04300-8. PMID: 36229810; PMCID: PMC9563845.

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. *J Occup Rehabil.* 2021 Jun; 31(2):263-274. doi: 10.1007/s10926-020-09914-x. PMID: 32737671; PMCID: PMC8172407.

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 Jul 31;15(7): e0234897. doi: 10.1371/journal.pone.0234897. PMID: 32735586; PMCID: PMC7394387.

Gavelin H.M, Neely A.S, Dunås T, Eskilsson T, Järvholt 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;27:102337. doi: 10.1016/j.nicl.2020.102337. Epub 2020 Jul 3. PMID: 32652491; PMCID: PMC7348057.

Eskilsson T, Fjellman-Wiklund A, Ek Malmer E, Stigsdotter Neely A, Malmberg Gavelin H, Slunga Järvholt L, Boraxbekk C.J, Nordin M. Hopeful struggling for health: Experiences of participating in computerized cognitive training and aerobic training for persons with stress-related exhaustion disorder. *Scand J Psychol.* 2020 Jun;61(3):361-368. doi: 10.1111/sjop.12623. Epub 2020 Jan 29. PMID: 31995652.

Malmberg Gavelin H, Eskilsson T, Boraxbekk C.J, Josefsson M, Stigsdotter Neely A, Slunga Järvholt 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. Epub 2018 23;13(1):10210. PMID: 34404878; PMCID: PMC8370974.

Wallensten J, Nager A, Åsberg M, Borg K, Beser A, Wilczek A, Mobarrez F. Leakage of astrocyte-derived extracellular vesicles in stress-induced exhaustion disorder: a cross-sectional study. *Sci Rep.* 2021 Jan 21;11(1):2009. doi: 10.1038/s41598-021-81453-8.
Erratum in: *Sci Rep.* 2023 Jun 23;13(1):10211. PMID: 33479350; PMCID: PMC7820323.

Wallensten J, Åsberg M, Wiklander M, Nager A. Role of rehabilitation in chronic stress-induced exhaustion disorder: A narrative review. *J Rehabil Med.* 2019 May 13;51(5):331-342. doi: 10.2340/16501977-2545. PMID: 30882887.

Wallensten J, Åsberg M, Nygren Å, Szulkin R, Wallén H, Mobarrez F, Nager A. Possible Biomarkers of Chronic Stress Induced Exhaustion – A Longitudinal Study. *PLoS One.* 2016 May 4;11(5):e0153924. doi: 10.1371/journal.pone.0153924. PMID: 27145079; PMCID: PMC4856355.

van de Leur JC, Johansson F, McCracken LM, Åhs F, Brodda Jansen G, Buhrman M. Mediators during a Multimodal intervention for stress-induced exhaustion disorder. *Cogn Behav Ther.* 2024 May;53(3):235-253. doi: 10.1080/16506073.2023.2295217. Epub 2023 Dec 22. PMID: 38130175.

van de Leur JC, Buhrman M, Wallby K, Karlström A, Johansson F. Associations between improvements in psychological variables and subsequent sick leave among persons receiving a multimodal intervention for exhaustion disorder. *BMC Public Health.* 2023 Oct 11;23(1):1976. doi: 10.1186/s12889-023-16799-x. PMID: 37821913; PMCID: PMC10568869.

Af Winklerfelt Hammarberg S, Westman J, Hange D, Finnes A, Björkelund C, Hällgren J, Skoglund I, Nager A. Outcomes of psychiatric interviews and self-rated symptom scales in people on sick leave for common mental disorders: an observational study. *BMJ Open.* 2022 Jun 22;12(6):e057745. doi: 10.1136/bmjopen-2021-057745. PMID: 35732382; PMCID: PMC9226864.

Finnes A, Hoch J.S, Enebrink P, Dahl J, Ghaderi A, Nager A, Feldman I. Economic evaluation of return-to-work interventions for mental disorder-related sickness absence: two years follow-up of a randomized clinical trial. *Scand J Work Environ Health.* 2022 May 1;48(4):264-272. doi: 10.5271/sjweh.4012. Epub 2022 Jan 30. PMID: 35094095; PMCID: PMC9524165.

Finnes A, Ghaderi A, Dahl J, Nager A, Enebrink P. Randomized controlled trial of acceptance and commitment therapy and a workplace intervention for sickness absence due to mental disorders. *J Occup Health Psychol.* 2019 Feb;24(1):198-212. doi: 10.1037/ocp0000097. Epub 2017 Sep 28. PMID: 28956942.

Sonntag Öström E, Nordin M, Dolling A, Lundell Y, Nilsson L, Slunga Järvholm L. (2015). Can rehabilitation in boreal forests help recovery from exhaustion disorder? The randomised clinical trial ForRest, Scandinavian Journal of Forest Research, 2015; 30:8, 732-748, doi: 10.1080/02827581.2015.1046482.

Fjellman-Wiklund A, Stenlund T, Steinholtz K, Ahlgren C. Take charge: Patients' experiences during participation in a rehabilitation programme for burnout. *J Rehabil Med.* 2010 May;42(5):475-81. doi: 10.2340/16501977-0534. PMID: 20544160.

Alsén S, Ali L, Ekman I, Fors A. Facing a blind alley – Experiences of stress-related exhaustion: a qualitative study. *BMJ Open.* 2020 Sep 2;10(9):e038230. doi: 10.1136/bmjopen-2020-038230. PMID: 32878762; PMCID: PMC7470632.

Sonntag-Öström E, Stenlund T, Nordin M, Lundell Y, Ahlgren C, Fjellman-Wiklund A, Slunga Järvholm L, Dolling L. "Nature's effect on my mind" – Patients' qualitative experiences of a forest-based rehabilitation programme, *Urban Forestry & Urban Greening*, Volume 14, Issue 3, 2015, Pages 607-614.

Adamsson A, Bernhardsson S. Symptoms that may be stress-related and lead to exhaustion disorder: a retrospective medical chart review in Swedish primary care. *BMC Fam Pract.* 2018 Oct 30;19(1):172. doi: 10.1186/s12875-018-0858-7. PMID: 30376811; PMCID: PMC6208049.

Grossi G, Jeding K, Söderström M, Osika W, Levander M, Perski A. Self-reported sleep lengths ≥ 9 hours among Swedish patients with stress-related exhaustion: Associations with depression, quality of sleep and levels of fatigue. *Nord J Psychiatry.* 2015 May;69(4):292-9. doi: 10.3109/08039488.2014.973442. Epub 2014 Nov 13. PMID: 25393652.

Kristiansen J, Friberg M.K, Eller N, Brandt L.P.A, Glasscock D.J, Pihl-Thingvad J, Persson R, Besèr A, Åsberg M, Thorsen S.V. Comparison of exhaustion symptoms in patients with stress-related and other psychiatric and somatic diagnoses. *BMC Psychiatry.* 2019 Mar 4;19(1):84. doi: 10.1186/s12888-019-2066-y. PMID: 30832633; PMCID: PMC6399825.

Persson R, Österberg K, Björk J. The concurrent validity of the Lund University Checklist for Incipient Exhaustion and the Karolinska Exhaustion Disorder Scale: a replication study. *BMC Res Notes.* 2023 Nov 9;16(1):325. doi: 10.1186/s13104-023-06589-4. PMID: 37946315; PMCID: PMC10636803.

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. *Glob Health Action.* 2023 Dec 31;16(1):2212950. doi: 10.1080/16549716.2023.2212950. PMID: 37314383; PMCID: PMC10269406.

Ellbin S, Lindegård A, Jónsdóttir IH, Dahlborg E. Psychologists' involvement in and experiences of treating patients with stress-related exhaustion in primary care. *BMC Prim Care.* 2024 Feb 12;25(1):56. doi: 10.1186/s12875-024-02287-7. PMID: 38347454.

Alsén S, Hadžibajramović E, Jónsdóttir I.H, Ali L, Fors A. Effectiveness of a personcentred eHealth intervention in reducing symptoms of burnout in patients with common mental disorders - secondary outcome analysis of a randomized controlled trial. *BMC Prim Care.* 2023 Oct 19;24(1):210. doi: 10.1186/s12875-023-02172-9. PMID: 37858032; PMCID: PMC10585814.

Reinhardt P, Ellbin S, Carlander A, Hadžibajramovic E, Jónsdóttir I.H, Lindqvist Bagge A. Is the road to burnout paved with perfectionism? The prevalence of obsessive-compulsive personality disorder in a clinical longitudinal sample of female patients with stress-related exhaustion. *J Clin Psychol.* 2024 Feb;80(2):391-405. doi: 10.1002/jclp.23617. Epub 2023 Oct 22. PMID: 37866970.

Hansson C, Zetterberg H, Snellman A, Blennow K, Jónsdóttir I.H. Biomarkers of brain injury in patients with stress-related exhaustion: A longitudinal study. *Psychoneuroendocrinology.* 2022 Dec;146:105929. doi: 10.1016/j.psyneuen.2022.105929. Epub 2022 Sep 17. PMID: 36174450.

Eklöf B, Larsson H, Ellbin S, Jónsdóttir I.H, O'Dwyer S, Hansson C. The role of self-reported stressors in recovery from Exhaustion Disorder: a longitudinal study. *BMC psychiatry* 2022 22(1), 529. doi:10.1186/s12888-022-04172-y.

Lindegård A, Glise K, Wiegner L, Reinhardt P, Hadžibajramovic E, Ellbin S, Pettersson S, Jónsdóttir I. Additional individually tailored interventions for patients with exhaustion dis-order: A randomized controlled trial investigating effects on sick leave and symptoms of burn-out. *J Rehabil Med.* 2022 Jul 8. doi: 10.2340/jrm.v54.2941.

Cederberg M, Alsén S, Ali L, Ekman I, Glise K, Jónsdóttir I, Gyllensten H, Swedberg K, Fors A. Effects of a Person-Centered eHealth Intervention for Patients on Sick Leave Due to Common Mental Disorders (PROMISE Study): Open Randomized Controlled Trial. *JMIR Ment Health* 2022;9(3):e30966. doi: 10.2196/30966.

Ellbin S, Jónsdóttir I.H, Bååthe F. "Who I Am Now, Is More Me." An Interview Study of Patients' Reflections 10 Years After Exhaustion Disorder. *Front. Psychol.* 2021 12:752707. doi: 10.3389/fpsyg.2021.752707.

Beno A, Hensing G, Lindegård A, Jónsdóttir I.H. Self-reported changes in work situation – a cross-sectional study of patients 7 years after treatment for stress-related exhaustion. *BMC Public Health.* 2021 Jun 25;21(1):1222. doi: 10.1186/s12889-021-11242-5. PMID: 34167513; PMCID: PMC8229294.

Gulin S, Ellbin S, Jónsdóttir I.H, Lindqvist Bagge A.S. Is obsessive-compulsive personality disorder related to stress-related exhaustion? *Brain Behav.* 2021 Jun;11(6):e02171. doi: 10.1002/brb3.2171. Epub 2021 May 10. PMID: 33969937.

Ellbin S, Jónsdóttir I.H, Eckerström C, Eckerström M. Self-reported cognitive impairment and daily life functioning 7–12 years after seeking care for stress-related exhaustion. *Scandinavian Journal of Psychology* 2021. E pub 17 March 2021. Doi: 10.1111/sjop.12722.

Cederberg M, Ali L, Ekman I, Glise K, Jonsdottir I.H, Gyllensten H, Swedberg K, Fors A. Person-centred eHealth intervention for patients on sick leave due to common mental disorders: study protocol of a randomised controlled trial and process evaluation (PROMISE) *BMJ Open* 2020;10:e037515. doi: 10.1136/bmjopen-2020-037515.

Skau S, Jonsdottir I.H, Sjörs Dahlman A, Johansson B, Kuhn H.G. Exhaustion disorder and altered brain activity in frontal cortex detected with fNIRS. *Stress*. 2021 Jan;24(1):64-75. doi: 10.1080/10253890.2020.1777972. Epub 2020 Jun 26. PMID: 32510268.

Glise K, Wiegner L, Jonsdottir I.H. Long-term follow-up of residual symptoms in patients treated for stress-related exhaustion. *BMC Psychol*. 2020 Mar 19;8(1):26. doi: 10.1186/s40359-020-0395-8. PMID: 32188513; PMCID: PMC7081527.

Sjörs Dahlman A, Blennow K, Zetterberg H, Glise K, Jonsdottir I.H. Growth factors and neurotrophins in patients with stress-related exhaustion disorder. *Psychoneuroendocrinology*. 2019 Nov;109:104415. doi: 10.1016/j.psyneuen.2019.104415. Epub 2019 Aug 20. PMID: 31472432.

Hadrévi J, Jonsdottir I.H, Jansson P-A, Eriksson J, Sjörs A. Plasma metabolomic patterns in patients with exhaustion disorder. *Stress*. 2019 Jan;22(1):17-26. doi: 10.1080/10253890.2018.1494150.

Ellbin S, Engen N, Jonsdottir I.H, Nordlund AIK. Assessment of cognitive function in patients with stress-related exhaustion using the Cognitive Assessment Battery (CAB). *J Clin Exp Neuropsychol*. 2018 Aug;40(6):567-575. doi: 10.1080/13803395.2017.1388359. Epub 2017 Nov 5. PMID: 29105564

Jonsdottir I.H, Nordlund A, Ellbin S, Ljung T, Glise K, Währborg P, Sjörs A, Wallin A. Working memory and attention are still impaired after three years in patients with stress-related exhaustion. *Scand J Psychol*. 2017 Dec;58(6):504-509. doi: 10.1111/sjop.12394. Epub 2017 Oct 10. PMID: 29023756.

Krabbe D, Ellbin S, Nilsson M, Jonsdottir I.H, Samuelsson H. Executive function and attention in patients with stress-related exhaustion: Perceived fatigue and effect of distraction. *Stress: The International Journal on the Biology of Stress*. 2017 20(4), 333–340. doi:10.1080/10253890.2017.1336533.

Lennartsson A.K, Theorell T, Kushnir M.M, Jonsdottir I.H. Changes in DHEA-s levels during the first year of treatment in patients with clinical burnout are related to health development. *Biol Psychol*. 2016 Oct;120:28-34. doi: 10.1016/j.biopsych.2016.08.003. Epub 2016 Aug 12. PMID: 27531310.

Lennartsson A.K, Jonsdottir I, Sjörs A. Low heart rate variability in patients with clinical burnout. *Int J Psychophysiol*. 2016 Dec;110:171-178. doi: 10.1016/j.ijpsycho.2016.08.005. Epub 2016 Aug 14. PMID: 27535344.

Lindegård A, Jonsdottir I, Börjesson M, Lindwall M, Gerber M. Changes in mental health in compliers and non-compliers with physical activity recommendations in patients with stress-related exhaustion. *BMC Psychiatry*. 2015 Nov 4;15(1):272. doi: 10.1186/s12888-015-0642-3.

Lennartsson A.K, Theorell T, Kushnir M.M, Jonsdottir I.H. Low Levels of Dehydroepiandrosterone Sulfate in Younger Burnout Patients. *PLoS One*. 2015 Oct 6;10(10):e0140054. doi: 10.1371/journal.pone.0140054. Erratum in: *PLoS One*. 2015 Nov 12;10(11):e0143192. doi: 10.1371/journal.pone.0143192. PMID: 26441131; PMCID: PMC4595129.

Lennartsson A.K, Sjörs A, Jonsdottir I.H. Indication of attenuated DHEA-s response during acute psychosocial stress in patients with clinical burnout. *Journal of Psychosomatic Research. J Psychosom Res*. 2015 Aug;79(2):107–11.

Gerber M, Jonsdottir I.H, Arvidson E, Lindwall M, Lindegård A. Promoting Graded Exercise as a Part of Multimodal Treatment in Patients Diagnosed with Stress-Related Exhaustion. *J Clin Nurs*. 2015 Jul;24(13-14):1904-15.

Sjörs A, Jónsdóttir I.H. No alterations in diurnal cortisol profiles before and during treatment in patients with stress-related exhaustion. *Int J Occup Med Environ Health* 2015;28(1):120–129.

Lennartsson A.K, Sjörs A, Währborg P, Ljung T, Jónsdóttir I.H. Burnout and hypocortisolism – a matter of severity? A study on ACTH and cortisol responses to acute psychosocial stress. *Front Psychiatry*. 2015 Feb 2;6:8. doi: 10.3389/fpsyg.2015.00008.