



## Effort-reward imbalance and long-term benzodiazepine use: longitudinal findings from the CONSTANCES cohort

Submitted by Stéphanie Pinot on Wed, 10/02/2019 - 11:24

Titre Effort-reward imbalance and long-term benzodiazepine use: longitudinal findings from the CONSTANCES cohort

Type de publication Article de revue

Auteur Airagnes, Guillaume [1], Lemogne, Cédric [2], Kab, Sofiane [3], Hoertel, Nicolas [4], Goldberg, Marcel [5], Wahrendorf, Morten [6], Siegrist, Johannes [7], Roquelaure, Yves [8], Limosin, Frédéric [9], Zins, Marie [10]

Editeur BMJ Publishing

Type Article scientifique dans une revue à comité de lecture

Année 2019

Langue Anglais

Date 12 Août 2019

Numéro 11

Pagination 993-1001

Volume 73

Titre de la revue Journal of epidemiology and community health

ISSN 1470-2738

**OBJECTIVES:** To examine the association between effort-reward imbalance and incident long-term benzodiazepine use (LTBU).

**METHODS:** We included 31 077 employed participants enrolled in the French population-based CONSTANCES cohort between 2012 and 2014 who had not undergone LTBU in the 2 years before enrolment. LTBU was examined using drug reimbursement administrative databases. The effort-reward imbalance was calculated in quartiles. We computed ORs (95% CIs) for LTBU according to effort-reward imbalance over a 2-year follow-up period. We adjusted for age, gender, education, occupational grade, income, marital status, tobacco smoking, risk of alcohol use disorder, depressive symptoms and self-rated health.

**RESULTS:** Over the 2-year follow-up, 294 (0.9%) participants experienced incident LTBU. In the univariable analysis, effort-reward imbalance was associated with subsequent LTBU with ORs of 1.79 (95% CI 1.23 to 2.62) and 2.73 (95% CI 1.89 to 3.95) for the third and fourth quartiles, respectively, compared with the first quartile. There was no interaction between effort-reward imbalance and any of the considered variables other than tobacco smoking ( $p=0.033$ ). The association remained significant in both smokers and non-smokers, with higher odds for smokers ( $p=0.031$ ). In the fully adjusted model, the association remained significant for the third and fourth quartiles, with ORs of 1.74 (95% CI 1.17 to 2.57) and 2.18 (95% CI 1.50 to 3.16), respectively. These associations were dose dependent ( $p$  for trend  $<0.001$ ).

**CONCLUSIONS:** Effort-reward imbalance was linked with incident LTBU over a 2-year follow-up period after adjustment for sociodemographic and health-related factors. Thus, screening and prevention of the risk of LTBU should be systematised among individuals experiencing effort-reward imbalance, with special attention paid to smokers.

## Résumé en anglais

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DOI

10.1136/jech-2019-212703 [12]

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Titre abrégé

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Identifiant

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31406014 [14]

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