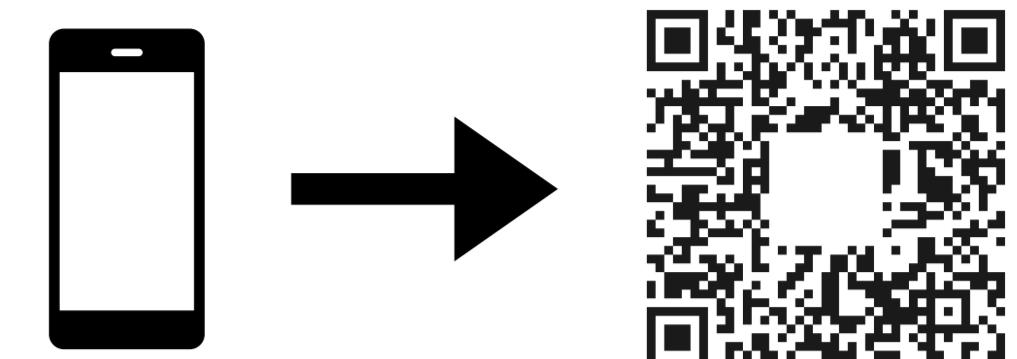


# Normative strain or economic burden?

## Partner unemployment & mental health in different economic contexts in Finland.

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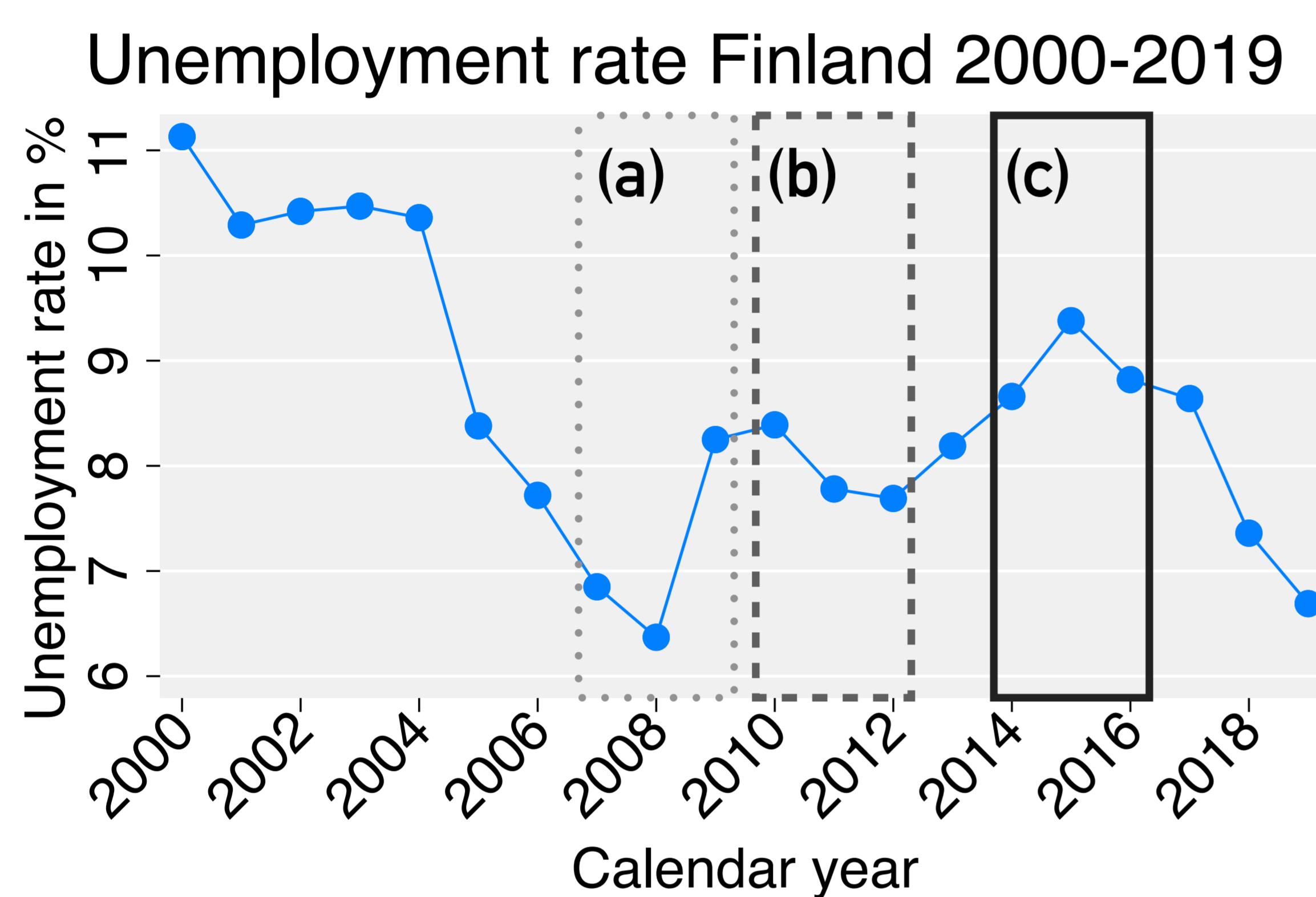
**Our study's objective** | To assess the mental health effects of partner unemployment in different economic contexts (in Finland, 2000-2019). Scan the QR code for poster & contact.



**Problem statement** | Partner unemployment may adversely affect mental health (cf. Family Stress Model, Masarik et al. 2016), yet current research lacks comprehensive population study & understanding the role of the economic context. Two competing theories explain the relation: (1) Double Border Hypothesis + (2) Social Norm Hypothesis (see Table 1).



**Study period** | Three different economic contexts:  
(a) low, (b) increasing, & (c) high unemployment



### Methodology



**Data**  
• Finnish population registers (individual level)  
• Longitudinal (quarter-years), 3 sampling periods (Fig. 1)

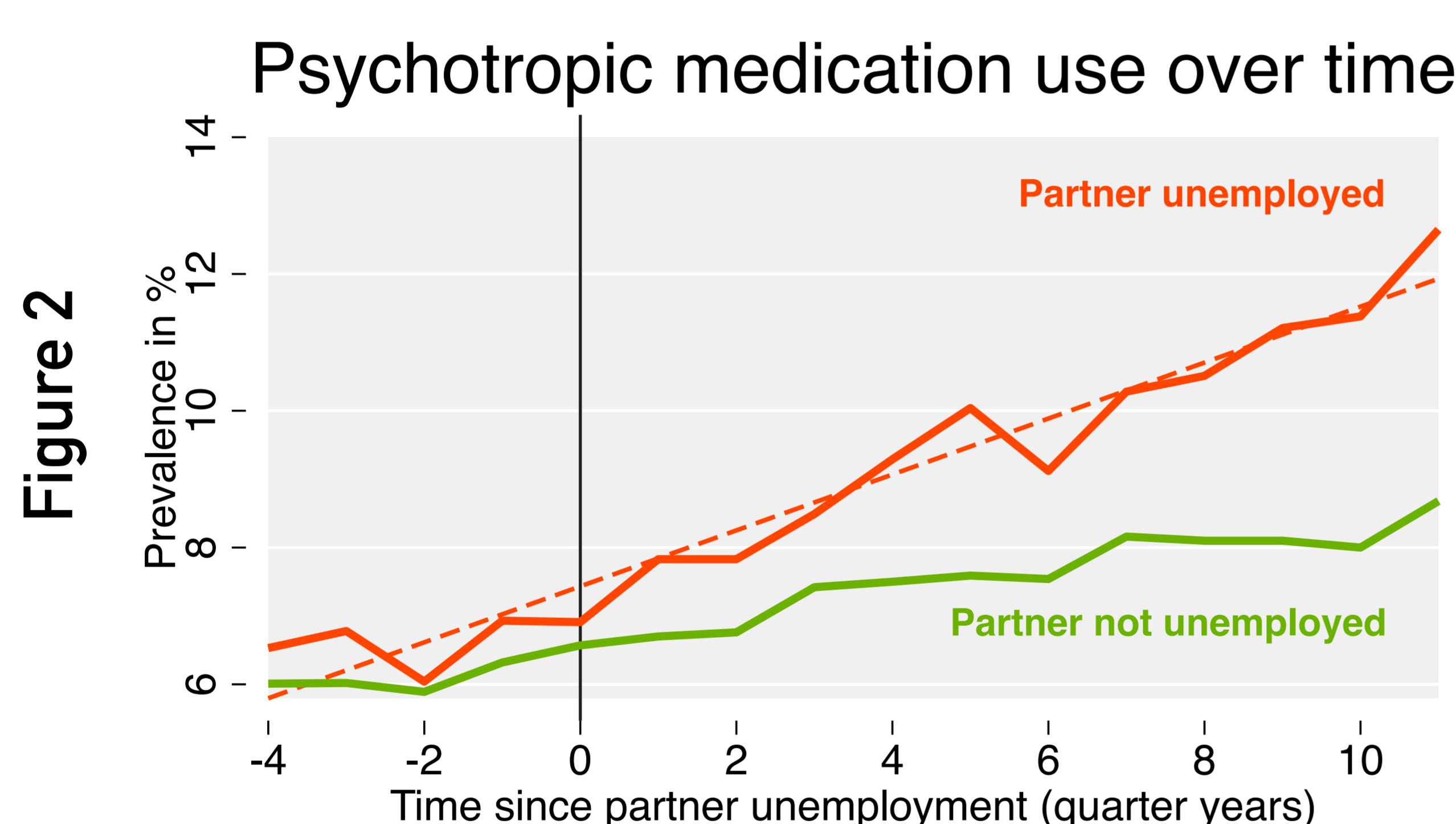


**Sample**  
• Cohabiting different-sex union (married & unmarried)  
• Working age: 18-63, partner in employment  
• 10% sample: n = 560,043 over N = 8,924,780



**Analysis**  
Individual-level fixed effects regression by sex: estimates effects of **partner unemployment** (predictor) on **psychotropic medication** (health outcome) use across different **unemployment periods** (moderation effect).

## Results & Discussion



**Adverse mental health from their partners' unemployment due to normative strain for women.**

Table 1: Main conclusions

Men      Women



Theoretical explanations (competing hypotheses):

(1) **Double Burden Hypothesis**  
(= decreased re-employment chances & increased financial pressure for families during periods of high unemployment)

Partially

No

(2) **Social Norm Hypothesis**  
(= lesser selection into unemployment and less stigmatisation due to the "social norm of unemployment" during periods of high unemployment)

Partially

Yes

