

Publications

Events

New results from Wave 4

Outlook

News from the

lidA
leben in der Arbeit

Study

Borchart, D., & du Prel, J.-B. (2024). Gesundheitsförderung für Beschäftigte 50plus – Ergebnisse der lidA-Studie 2022/2023. *Prävention und Gesundheitsförderung*.

<https://doi.org/10.1007/s11553-024-01175-3>

Du Prel, J.-B., Koscec Bjelajac, A., Franić, Z., Henftling, L., Brborović, H., Schernhammer, E., McElvenny, D. M., Merisalu, E., Pranjić, N., Canu, I. G., & Godderis, L. (2024). Relationship between work-related stress and depression: A scoping review. *Public Health Reviews*, 45, 1606968.

<https://doi.org/10.3389/phrs.2024.1606968>

Du Prel, J.-B., Rohrbacher, M., Schröder, C. C., & Breckenkamp, J. (2024). Do health literacy, physical health and past rehabilitation utilization explain educational differences in the subjective need for medical rehabilitation? Results of the lidA cohort study. *BMC Public Health*, 24(1), 1622. <https://doi.org/10.1186/s12889-024-19086-5>

Garthe, N. (2023). Bleiben oder gehen? Ältere Beschäftigte in der Pflege. *Die Schwester Der Pfleger*, 12, 60–62. [\[Link\]](#)

Hasselhorn, H. M., & Müller, B. H. (2023). Basisarbeit bei älteren Beschäftigten in Deutschland – eine Übersicht. *Zeitschrift für Arbeitswissenschaft*, 77, 527–540.

<https://doi.org/10.1007/s41449-023-00384-4>

Hasselhorn, H. M., & Müller, B. H. (2024). (Noch) länger arbeiten bei schwerer körperlicher Tätigkeit? – Impulse von der lidA-Studie. *Sicher ist Sicher*, 9, 394–398. [\[Link\]](#)

Rohrbacher, M., & Hasselhorn, H. M. (2023). The contribution of work and health-related lifestyle to educational inequalities in physical health among older workers in Germany: A causal mediation analysis with data from the lidA cohort study. *PLOS ONE*, 18(8), e0285319. <https://doi.org/10.1371/journal.pone.0285319>

Rohrbacher, M., Hasselhorn, H. M., & Matilla-Santander, N. (2024). Associations between precarious employment trajectories and mental health among older workers in Germany: Vertical and horizontal inequalities. *Scandinavian Journal of Work, Environment & Health*, 50(4), 290–299. <https://doi.org/10.5271/sjweh.4160>

Schönfeld, S., Schröder, C. C., du Prel, J.-B., Razum, O., & Breckenkamp, J. (2023). Arbeitsbelastungen und Rehabilitationsbedarf bei älteren Erwerbstätigen mit und ohne Migrationshintergrund – Ergebnisse der lidA Kohortenstudie. *Das Gesundheitswesen*, 85(2), 91–99. <https://doi.org/10.1055/a-1630-6628>

Brussig, M., & Hasselhorn, H. M. (Eds.). (2024). *Gerechtigkeit im Altersübergang: Stand, Perspektiven und Rollen der Forschung* (DIFIS-Studie 2024/8). DIFIS.

<https://difis.org/api/boxfiledownload/643>

Publications

Fact Sheets

Hasselhorn, H. M. (2025). [Affordability of early retirement - and associations with the employment perspective](#) (lidA-Factsheet 2025 01)

Hasselhorn, H. M. (2024). [Gesundheitliche Einschränkungen im höheren Erwerbsalter: Wie verbreitet sind sie?](#) (lidA-Factsheet 2024 02).

Hasselhorn, H. M. (2024). [Stay at Work: Ein Konzept schließt eine Lücke.](#) (lidA-Factsheet 2024 03).

Fact sheets on various topics are available for download on our [Website](#) (German).



Photo: N. Garthe

Brochure

Working with illness beyond the age of 50 – much is possible
Findings from the lidA study and ideas for organisations (German)

In this brochure, we address the large group of older employees with health limitations. As anticipated, this group exhibits considerable heterogeneity. However, what was less expected is the substantial potential for workplace interventions to support their continued engagement in gainful employment. Nevertheless, it appears that this knowledge has yet to be widely disseminated within organisations.

[Download](#)



Publications

lidA Publicity

Podcast with Professor Hasselhorn and Dr Ebener: “rehabilitätsnah” – The retirement aspirations of the baby boomers: does life begin at 64? 10.06.2024

The lidA study examines the desired retirement age of baby boomers, revealing that two-thirds of respondents wish to work no longer than until the age of 64, highlighting societal and social challenges. In the podcast “rehabilitätsnah”, Professor Dr Hans Martin Hasselhorn and Dr Melanie Ebener discuss the social dimensions of this development with Dr Marco Streibelt from the German Pension Insurance. They also address personal questions about their own retirement and respond to a provocative ethical question regarding working hours and pay. The episode additionally features a brief musical interlude.

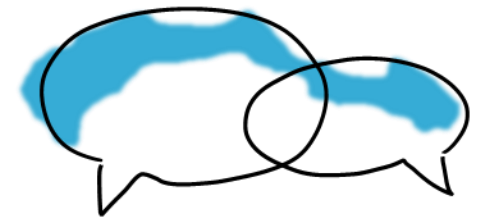
Contribution by Dr Ebener and Professor Hasselhorn in *Arbeitswelt-Portal*: “Culture of early retirement persists”: *When and why employees want to retire.*

The *Arbeitswelt-Portal* provides fact-based information on developments in the world of work. The article “Culture of early retirement persists” reveals that two-thirds of respondents wish to retire before the age of 65, primarily due to the desire for more leisure time (83%) and the feeling that “it’s time to stop at some point” (64%). Financial security and the possibility of retiring without deductions are also important factors. Job-specific differences show that in care professions, common reasons for wanting to retire early include strenuous work (73%) and health problems (54%).

Contribution by Professor Hasselhorn in the WERKWANDEL magazine (issue 03/2024, p. 43-46): Employer-employee dialogue about the final years of work.

In the article, Professor Hasselhorn argues that managers should hold regular dialogues with their employees aged 55 and over about their final working years. The aim is to overcome the “silence” between managers and employees regarding the last years of work, how these years are structured, and eventually, the desire to retire. These discussions are intended to ensure that the final working years are not merely seen as a “transition” but are instead jointly shaped into “valuable years of life.”

More on this on our [Website](#).



Publications

Qualifications

Dissertation by **Chloé Charlotte Schröder**

Older employees with migrant background in Germany: employment perspective, needs and utilisation of rehabilitation

On 9 July 2024, Chloé Charlotte Schröder successfully defended her doctoral thesis, which consists of three published journal articles and a framework publication.

The **research objective** of her dissertation was to identify possible differences between employees with and without migrant background with respect to their last working years. On the one hand, the individual motivation, ability and plans to continue working until the statutory pension age (employment perspective) were analysed and, on the other hand, the utilisation of rehabilitation, particularly considering need for rehabilitation.

The **results** emphasise the need for diversity-specific approaches in healthcare provision, employment support and policy interventions to meet the specific needs and challenges faced by older workers with a migrant background in Germany. While older migrant employees of the second generation are quite similar to those without a migrant background and have a better overall situation, older migrant employees of the first generation (mostly foreigners) represent a risk group in social, occupational and health terms who have a higher need for rehabilitation. Nevertheless, they plan to a greater extent to work until the statutory pension age. However, according to the study results, they may not (yet) be provided with the rehabilitation services they need. Special attention should be paid to them in the coming years.

Schröder, C. C., Hasselhorn, H. M., du Prel, J.-B., & Breckenkamp, J. (2020). Subjective employment perspective among older workers with and without migrant background in Germany – Results of the lidA cohort study. *Journal of Occupational Health*, 62, e12166. <https://doi.org/10.1002/1348-9585.12166>

Schröder, C. C., Dyck, M., Breckenkamp, J., Hasselhorn, H. M., & du Prel, J.-B. (2020). Utilization of rehabilitation services for non-migrant and migrant groups of higher working age in Germany – Results of the lidA cohort study. *BMC Health Services Research*, 20, 31. <https://doi.org/10.1186/s12913-019-4845-z>

Schröder, C. C., Breckenkamp, J., & du Prel, J.-B. (2022). Medical rehabilitation of older employees with migrant background in Germany: Does the utilization meet the needs? *PLOS ONE*, 17(2), e0263643. <https://doi.org/10.1371/journal.pone.0263643>

Dissertation by **Max Rohrbacher**

Social inequalities in health and labour participation during the late career of older employees in Germany

On 26 August 2024, Max Rohrbacher successfully defended his doctoral thesis. The thesis comprises three published academic articles and a framework publication.

The **aim of the research** was to examine health inequalities and social inequalities in early labour market exit among older workers in Germany. The focus of the study was on quantifying the contributions of various factors from the domains of employment, work, lifestyle, and health to these inequalities.

The **findings** show that a low level of education, as well as being female, are particularly associated with a higher risk of being disadvantaged in terms of health and labour market participation in later working life. The impact of working and employment conditions, health behaviours, and work ability on social inequalities regarding health and labour market participation depends on the measures used for exposure, outcomes, and social position.

The dissertation is available as an open-access publication at the following link: <https://elekpub.bib.uni-wuppertal.de/urn/urn:nbn:de:hbz:468-2-4676>

Rohrbacher, M., & Hasselhorn, H. M. (2022). Social inequalities in early exit from employment in Germany: a causal mediation analysis on the role of work, health, and work ability. *Scandinavian Journal of Work, Environment & Health*, 48(7), 569–578. <https://doi.org/10.5271/sjweh.4043>

Rohrbacher, M., & Hasselhorn, H. M. (2023). The contribution of work and health-related lifestyle to educational inequalities in physical health among older workers in Germany. A causal mediation analysis with data from the lidA cohort study. *PLOS ONE*, 18(8), e0285319. <https://doi.org/10.1371/journal.pone.0285319>

Rohrbacher, M., Hasselhorn, H. M., & Matilla-Santander, N. (2024). Associations between precarious employment trajectories and mental health among older workers in Germany: Vertical and horizontal inequalities. *Scandinavian Journal of Work, Environment & Health*, 50(4), 290–299. <https://doi.org/10.5271/sjweh.4160>

Events

Conference and Congress Contributions

33rd Rehabilitation Scientific Congress (2024, Bremen)

Du Prel JB (2024). Soziodemographische Unterschiede im Kenntnisstand über die Reha-Antragstellung bei älteren Beschäftigten. Vortrag. Tagungsband S. 379 [\[Link\]](#)

34th International Congress on Occupational Health (2024, Marrakech)

Hasselhorn, HM, Leinonen, T, Bültmann, U, Sivesind Mehlum, I, du Prel, JB, Kiran, S, Majery, N, Solovieva, S, & de Wind, A (2024). The differentiated role of health in the transition from work to retirement. *Occupational Medicine*, 74(Supplement_1) <https://doi.org/10.1093/occmed/kqae023.0262>

Hasselhorn, HM (2024). Working longer in Germany: Motivation to work more relevant than health? *Occupational Medicine*, 74(Supplement_1) <https://doi.org/10.1093/occmed/kqae023.0259>

Preuss, G, Hasselhorn, HM, Müller, BH (2024). Low level workers in Germany – a precarious often female working group receiving increased political attention.

Research Network on Old-Age Security of the Pension Insurance (FNA) Graduate colloquium (2024, Berlin)

Rohrbacher, M (2024). Soziale Ungleichheit in Gesundheit und Erwerbsteilhabe bei älteren Beschäftigten. Die Rolle der Arbeit, der Beschäftigung und des gesundheitsbezogenen Lebensstils. Presentation.

Joint spring conference of the DGS sections Ageing and Society & Medical and Health Sociology (2024, Dortmund)

Rohrbacher M (2024). Inverse odds weighted estimation to investigate health inequalities among older workers – findings and methodological challenges. [Poster](#).

World Congress of Epidemiology (2024, Kapstadt)

Du Prel JB, Koscec Bjelajac A, Franić Z, Henftling L, Brborović H, Schernhammer E, McElvenny DM, Merisalu E, Pranjic N, Canu IG, & Godderis L (2024). A scoping review of the association between work-related psychosocial stress and depression over more than 20 years. [Poster](#).

'Gesundheit Gemeinsam' – joint annual meeting of GMDS, DGSMP, DGEpi, DGMS, DGPH (2024, Dresden)

Borchart D, Hasselhorn HM, Ebener M (2024). Nach vorne sehen in der Pflege - mit dem Projekt „Weitblick“. Presentation. <https://dx.doi.org/10.3205/24gmids296>

Borchart D & du Prel JB (2024). Teilnahme von Beschäftigten 50plus an Maßnahmen der betrieblichen Gesundheitsförderung nach personenbezogenen und betrieblichen Merkmalen. Poster. <https://dx.doi.org/10.3205/24gmids858>

Du Prel JB & Borchart D (2024). Soziodemographische Unterschiede in der Inanspruchnahme von Früherkennungsuntersuchungen bei älteren Beschäftigten. Presentation. [doi: 10.3205/24gmids550](https://doi.org/10.3205/24gmids550)

Hasselhorn HM, Kämpf D, du Prel JB, Kaifie-Pechmann A & Seidler A (2024). Übergang vom Arbeitsleben in den Ruhestand - Einladung zur gemeinsamen Erarbeitung eines Policy-Papers. Workshop. [doi: 10.3205/24gmids943](https://doi.org/10.3205/24gmids943)

Rohrbacher, M & Hasselhorn HM (2024) Entwicklungspfade der körperlichen Gesundheit in der späten Erwerbsphase und mögliche Zusammenhänge mit der Erwerbsperspektive. Presentation. [doi: 10.13140/RG.2.2.31067.17443](https://doi.org/10.13140/RG.2.2.31067.17443)

Annual conference of the German Society for Occupational and Environmental Medicine (DGAUM) (2024, München)

Du Prel JB, Rohrbacher M, Hasselhorn HM (2024). Methodische Herausforderungen für bevölkerungsbasierte Forschung im Rahmen der Coronapandemie am Beispiel einer prospektiven Kohortenstudie. Presentation.

Petermann C, Borchart D, du Prel JB (2024). Vergleich des Einflusses unterschiedlicher Bänderungen auf den Dichtsitz von partikelfiltrierenden Halbmasken der Klasse P2. Presentation.

New results from Wave 4

The financial situation of baby boomers determines their desire to exit

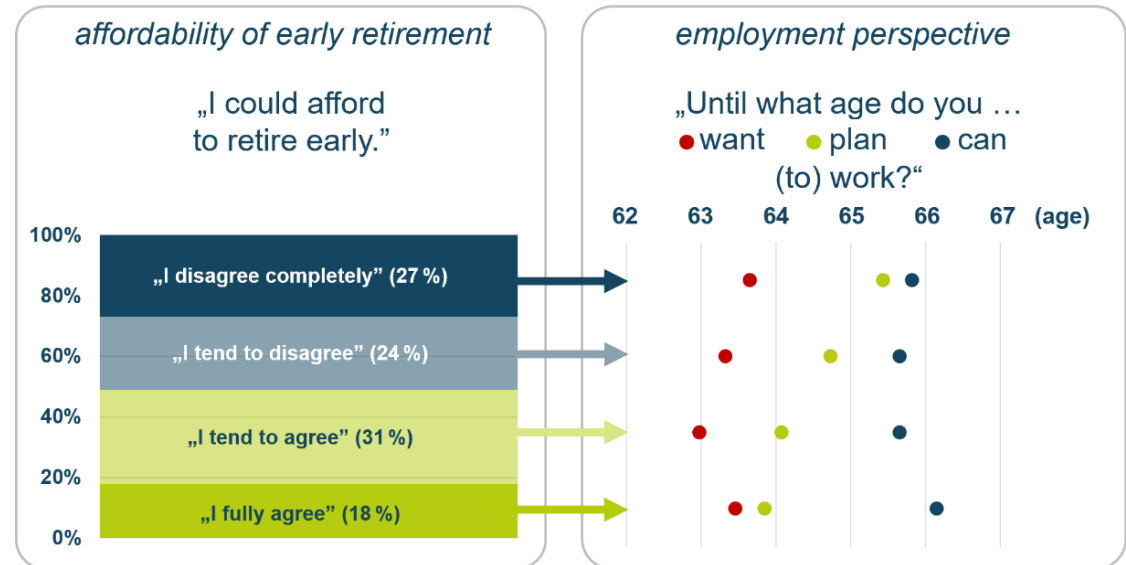
More than half of all older workers cannot afford early retirement. This group also frequently reports poorer working conditions and worse health.

The group least able to afford early retirement expresses the longest wish to continue working. In many cases, this preference likely reflects a necessity.

On average, this group plans to work 1.5 years longer than those who can easily afford early retirement.

For more information on this topic, refer to the latest factsheet, "Affordability of early retirement and associations with the employment perspective".

[Link](#)



lidA-Study wave 4, 2022/23, socially insured employees in Germany, 51, 57 or 63 years old, 2022/23, N=7.397



From theory to practice: the WEITBLICK project

We are delighted to present the progress of our new project, **WEITBLICK**. Supported by **BARMER** and the **German Federal Ministry of Labour and Social Affairs (BMAS)**, the WEITBLICK project addresses the challenge of keeping older nursing staff in hospitals healthy and motivated in their work. In collaboration with the **German Hospital Institute (DKI)**, motivation-oriented counselling programmes are being developed and tested.

Workshops and in-depth individual counselling sessions with older nursing staff focus on reflecting on their career paths, exploring individual development opportunities, strengthening resources and aspirations, and self-directed planning for the remaining years of their careers. Additionally, managers are trained to create a supportive and motivating work environment and to foster the self-determined career planning of older nursing staff.

Since the project began in spring 2024, four out of eight intervention units have been completed. The interventions and subsequent discussions with nursing management have provided valuable insights. The initiative is being continuously evaluated scientifically. To ensure sustainability, participating hospitals are provided with a wide range of materials during and after the interventions (e.g., exercises, internal feedback tools, and action-oriented guidelines). If successful, the introduction of a **train-the-trainer model** is planned to facilitate broader implementation. Initial results are expected by the end of 2025.

A heartfelt thank you goes out to the motivated participants as well as the nursing and hospital management teams.

Volkswagen foundation funds workshop on “Justice in the transition to retirement”

In February 2024, 21 researchers from various disciplines gathered in Hannover for a scoping workshop on the topic of justice in the transition to retirement. The event was organised in collaboration with Prof. Martin Brussig from the Institute for Work, Skills and Training (IAQ) at the University of Duisburg-Essen. The aim of this exchange was to highlight the concept of “justice” in research on the transition from working life to retirement.

Although justice is a central theme in ethical research, it is rarely explicitly addressed in the context of retirement transitions. Different disciplines approach the concept in distinct ways: psychology emphasises subjective perceptions and emotional responses, while sociology focuses on objectively measurable inequalities, such as disparities in participation opportunities. Occupational health science often examines working conditions, health, and workforce participation.

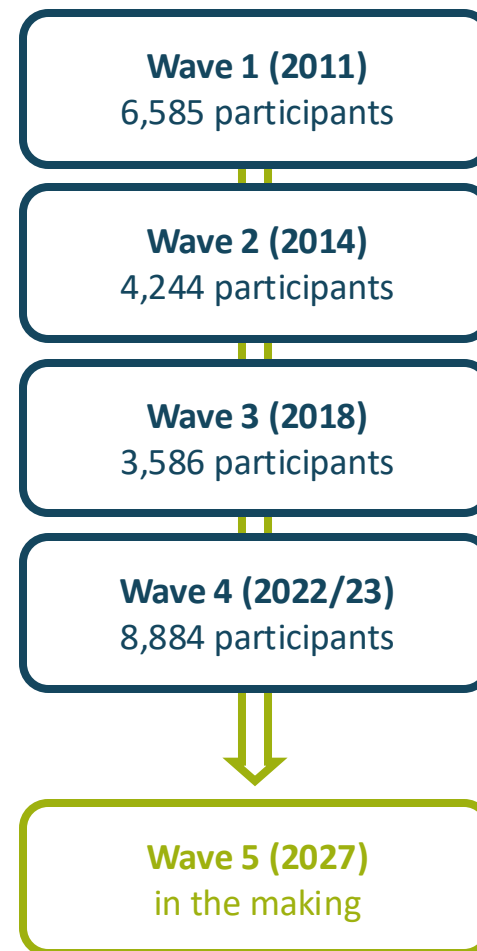
The workshop served as an important starting point for further structuring the topic and identifying research needs. Following the event, a **Difis study** was developed, including a **position paper** and contributions from the participants. This study forms the basis for further exploration of the topic, including efforts to integrate it into political discourse. Click [here](#) to read the Difis study.

lidA 2027: fifth study wave in the making

The planning for the upcoming fifth wave of the **lidA study – leben in der Arbeit** is gaining momentum. Data collection is planned to take place in 2027 under the heading ‘Understanding People in the Retirement-Transition Process’. This new wave will build on the extensive insights from previous lidA waves on work and health, expanding them with knowledge about the living and, where applicable, working conditions of retirees, as well as their experiences during the transition to retirement. For example, we would like to capture conceptions of justice regarding the transition to retirement. These have hardly been studied but are highly relevant from a social policy perspective.

We have already begun securing funding and are optimistic about realising the project. At the same time, data protection issues are being addressed early in the process. Planning and designing the questionnaire represent a key milestone and will take shape starting this summer. Proven elements from previous waves will be retained, but space must also be made for new, relevant topics and questions. For this content development, we are engaging with various groups both nationally and internationally.

Following data collection in the summer of 2027, the datasets will be available to us by the end of 2027. The data will once again provide valuable insights into the dynamics of the transition to retirement and the realities of life for older adults. With this new wave, lidA aims not only to expand existing knowledge but also to generate fresh impetus for scientific and political discussions.



Information

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