

**PERSONAL DETAILS**

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**EDUCATION AND DEGREES AWARDED**

2016 University of Helsinki, Faculty of Medicine, 28.4.2016  
Title of Docent in Epidemiology

2010–2012 University of Helsinki, Faculty of Behavioral Sciences  
PhD (in psychology)  
*Pupil-Related Psychosocial Factors, School Setting, and Teacher Sick Leave: A Collaborative Data Study. People and Work Research Reports 96. Finnish Institute of Occupational Health, Helsinki, 2012.*

1998–2004 University of Helsinki, Faculty of Behavioral Sciences  
MA (in education)

**WORK EXPERIENCE**

2019 Karolinska Institutet, Institute of Environmental Medicine, Sweden  
Research Associate (affiliate)

2018 University of Helsinki  
University Researcher

2004–continues Finnish Institute of Occupational Health  
Researcher (2004-2012)  
Specialized Researcher/Post-doctoral researcher (2013-)

My main research interest is on epidemiology of work disability. In the Finnish Institute of Occupational Health, my current research focuses on public sector work and the Finnish Public Sector study, which is a large cohort study of public sector employees in Finland covering nearly 500,000 employees with linked survey and register data during 1991–2018. In addition, I am experienced in analyzing vast register datasets (in Finland and in Sweden). I have established international research collaboration with Karolinska Institutet (division of Insurance Medicine and Institute of Environmental Medicine), INSERM (France) and University College London (UK). Nationally, I have research collaboration with the Universities of Helsinki, Turku, and Eastern Finland, as well as with pension insurance institutions (Keva, Elo).

**RESEARCH FUNDING**

- 2019 Elo Mutual Pension Insurance, research project "Individual and organization-level determinants of healthy work career" 3.9.2019-31.12.2019, 25100 EUR
- 2018 The Finnish Work Environment Fund, project fund 1.6.2018-31.5.2020, 120 000 EUR  
"Työkyvyn tukitoimien vaikuttavuus osatyökykyisten työkykyyn kunta-alalla: luonnollinen interventiotutkimus" [Effectiveness of work ability promotion initiatives for partially disabled people in municipal workplaces: a natural invention study] (#118066)
- 2017 Keva (the Local Government Pensions Institution), research project "Work participation after part-time disability pension in the public sector" 18.9.2017-31.12.2017, 23177 EUR
- 2014 The Finnish Work Environment Fund, personal scholarship/grant, 1.6.2014–1.6.2015, 3400 EUR  
"Diabetes ja työkyvyn ennuste – valtakunnallisesti edustavaan väestöotokseen perustuva rekisteritutkimus" [Diabetes and the prognosis of working capacity – nationwide population-based register study] (#114260)

**MERITS IN TEACHING AND PEDAGOGICAL COMPETENCE**

- Pedagogical training Master's degree in education, University of Helsinki, 2004
- Uusia eväitä oppimiseen ja opettamiseen [Pedagogical course of 5 credits], Häme University of Applied Sciences, 2013
- Pedagogical publications Ervasti K, Ervasti J, Manninen E. Luento-opetuksen vaikutukset opiskelijoiden käsityksiin – Esimerkkinä oikeussosiologia. *Lakimies* 2010;3:379-409. [How lecturing changes students' perceptions – case study from lecture series in sociology of law. In Finnish.]
- Ervasti K, Ervasti J, Manninen E. Opiskelijakeskeisiä opetusmenetelmiä massaluennolle. [Student-oriented teaching methods for lectures] Presentation at Oppimisseikkailu 2011 (25.10.2011), University of Helsinki. <https://wiki.helsinki.fi/pages/viewpage.action?pageId=71485518>
- Demonstration lecture Diabetesta sairastavan työkyvyn ennuste – Miten epidemiologista tutkimusnäyttöä arvioidaan? [Prognosis of working capacity in diabetes – how to evaluate epidemiological evidence?] 31.3.2016, University of Helsinki, Faculty of Medicine. Grade: "Good".

**AWARDS, PRIZES AND HONOURS**

American Psychological Association: Best Intervention Competition (Work, Stress and Health Conference) 2006. Second place tie. Anna-Liisa Elo, Pauliina Mattila, Jenni Nyman, and Eeva Kuosma. Evaluation of an organizational stress management program in municipal public works. Published in: *JOHP* 2008;13(1):10-23.

Best Intervention in the Finnish Institute of Occupational Health in 2006–2008. 2. place. Anna-Liisa Elo, Jenni Ervasti, Eeva Kuosma & Pauliina Mattila. Evaluation of an organizational stress management program in municipal public works organization. Published in: *JOHP* 2008;13(1):10-23.

**OTHER ACADEMIC MERITS**

Opponent in academic dissertation:

Kia Gluschkoff: Psychosocial work characteristics, recovery, and health-related outcomes in teaching. University of Helsinki, Faculty of Medicine, 18.8.2017

Referee in academic dissertation:

Juhani Sulander: Epäreilua vai oikeudenmukaista? Uusimpia näkökulmia oikeudenmukaisuuteen. University of Helsinki, Faculty of Social Sciences, 7.12.2018

Evaluation of academic competence (Title of Docent):

Katariina Heikkilä, 24.2.2017. University of Helsinki, Faculty of Medicine

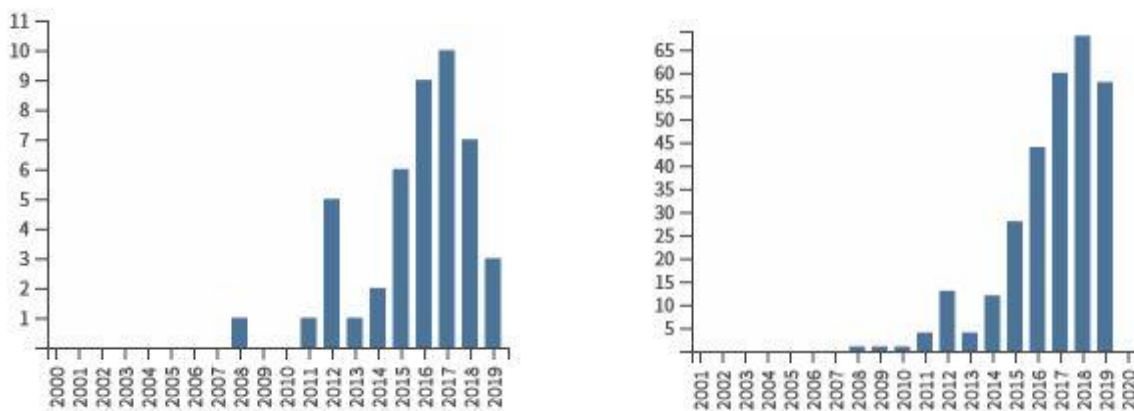
Referee in 29 journals, including:

American Journal of Epidemiology; American Journal of Industrial Medicine; Annals of Medicine; BMC Public Health; BMJ Open; Diabetic Medicine; International Archives of Occupational and Environmental Health; Journal of Affective Disorders; Journal of Epidemiology and Community Health; Journal of Occupational and Environmental Medicine; Journal of Occupational Health Psychology; Psychological Medicine; Journal of Psychosomatic Research; Journal of School Health; Occupational and Environmental Medicine; PLOS ONE; Scandinavian Journal of Public Health; Scandinavian Journal of Work, Environment & Health; Social Science & Medicine; Sosiaalilääketieteellinen aikakauslehti

**SCIENTIFIC AND SOCIETAL IMPACT**

Total number of publications:	71 (peer reviewed scientific articles, n=49)
of which	
peer-reviewed scientific articles	49
non-peer-reviewed publications	11
publications for professional community	10
thesis	1

The statistics from the Web of Science (based on 44 scientific articles found from the database) are described below:



Left: Total publications by year; Right: Sum of times cited by year. (Source: Web of Science 10.9.2019)

Sum of the times cited: 294 (246 citing articles)  
Average citations per item: 6.5  
H-index: 10

**10 SELECTED PUBLICATIONS:**

**Ervasti J**, Pietiläinen O, Rahkonen O, et al. Joint contribution of rotation of the back and repetitive movements to disability pension using job exposure matrix data. *Eur J Public Health*. 2019 doi: 10.1093/eurpub/ckz108.

Airaksinen J, **Ervasti J**, Pentti J, et al. The effect of smoking cessation on work disability risk: A longitudinal study analyzing observational data as non-randomized nested pseudo-trials. *Int J Epidemiol*. 2019. <https://doi.org/10.1093/ije/dyz020>.

**Ervasti J**, Pekkarinen L, Virtanen M, et al. Osatyökykyisten työolot ja työmarkkinasiirtymät kunta-alalla. *Sosiaalilääketieteellinen aikakauslehti*. 2019;56:15-26.

**Ervasti J**, Airaksinen J, Pentti J, et al. Does increasing physical activity reduce the excess risk of work disability among overweight individuals? *Scand J Work Environ Health*. 2019. Online first. doi: doi:10.5271/sjweh.3799

**Ervasti J**, Pietiläinen O, Rahkonen O, et al. Long-term exposure to heavy physical work, disability pension due to musculoskeletal disorders and all-cause mortality: 20-year follow-up—introducing Helsinki Health Study job exposure matrix. *Int Arch Occup Environ Health*. 2018. <https://doi.org/10.1007/s00420-018-1393-5>

Virtanen M, **Ervasti J**, Head J, et al. Lifestyle factors and risk of sickness absence from work: a multicohort study. *Lancet Public Health*. 2018;3:e545-e554.

**Ervasti J**, Kivimäki M, Head J, et al. Sickness absence diagnoses among abstainers, low-risk drinkers and at-risk drinkers: consideration of the U-shaped association between alcohol use and sickness absence in four cohort studies. *Addiction*. 2018; doi:10.1111/add.14249.

**Ervasti J**, Joensuu M, Pentti J, et al. Prognostic factors for return to work after depression-related work disability: A systematic review and meta-analysis. *J Psychiatr Res*. 2017;95:28-36.

**Ervasti J**, Kivimäki M, Pentti J, et al. Health- and work-related predictors of work disability among employees with a cardiometabolic disease - A cohort study. *J Psychosom Res*. 2016;82:41-47.

**Ervasti J**, Virtanen M, Lallukka T, et al. Work disability before and after the diagnosis of diabetes: A nationwide population-based register study in Sweden. *Am J Public Health*. 2015;105:e22-e29.