What is STREAM?

STREAM is a four-year longitudinal study with annual measurements among persons aged 45-64 in the Netherlands. Participants fill in an online questionnaire on topics such as: health, work, knowledge and skills, social circumstances, and financial situation.

More than 12,000 employees, 1,000 self-employed persons, and 2,000 non-employed persons participated at baseline. In the second measurement 82% of the original participants participated, in the third measurement this was 80%, and in the fourth measurement 74%.

For data collection an existing Intomart GfK internet panel is used. For 89% of baseline participants, data linkage with information from Statistics Netherlands is possible.

To obtain additional insight, qualitative studies have been and will be conducted among STREAM participants.

STREAM is being conducted by TNO, in close collaboration with the VU Medical Center and the Erasmus MC.

**Physical and mental health, vitality, and depression**

<table>
<thead>
<tr>
<th>Wave 1</th>
<th>Wave 2</th>
<th>Wave 3</th>
<th>Wave 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical health (range: 0 - 100)</td>
<td>52</td>
<td>51</td>
<td>50</td>
</tr>
<tr>
<td>Mental health (range 0 - 100)</td>
<td>57</td>
<td>56</td>
<td>55</td>
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<tr>
<td>Vitality (range: 0 - 100)</td>
<td>74</td>
<td>73</td>
<td>72</td>
</tr>
<tr>
<td>Depression (range: 1 - 4)</td>
<td>1.5</td>
<td>1.45</td>
<td>1.4</td>
</tr>
</tbody>
</table>

Physical health and vitality were highest, and depression scores lowest, among workers that remained employed throughout the 4 waves. The mental health and vitality of retirees increased and depression (slightly) decreased in the transition period. These figures are unadjusted.
In these (unadjusted) figures physical and mental health, vitality, and depression scores are compared between persons non-employed at baseline that, during follow-up: stayed non-employed, started to work, and worked but became non-employed again. Persons that remained non-employed consistently had the lowest scores on physical and mental health and vitality, and the highest scores on depression. Persons that started to work showed an increase in physical and mental health and vitality, and a slight decrease in depression.

**Newest Publications**


* Newly added to the list