



## Research Brief

### Career satisfaction among working age individuals with multiple sclerosis or spinal cord injury with spinal cord injury

#### Introduction

Joint studies of multiple sclerosis (MS) and spinal cord injury (SCI), both types of spinal cord dysfunction, have identified barriers and facilitators to employment and key outcomes including earnings and job benefits. However, there has been an absence of research on satisfaction with employment over one's career. The objective to identify and quantify demographic, educational, vocational, and functional characteristics associated with career satisfaction, a quality employment outcome, among people with MS and SCI.

#### Key Findings

- Participants who were gainfully employed and those who had left the labor force (unemployed with no hopes to return to work), reported higher career satisfaction than those who were unemployed and hoping to return to work.
- Higher career satisfaction scores were associated with more formal education and having worked in management/professional, natural resources, or service occupations.
- Higher scores were also observed among those older, not single, and who had fewer functional deficits.
- No differences were identified as a function of diagnosis, race-ethnicity, sex, or time since injury/diagnosis.

#### What does this mean?

Career satisfaction was more strongly related to educational attainment, vocational history, and labor force participation, than to demographic and disability factors. Vocational counselors should target those still in the labor force for skills development, job retention and reacquisition to promote career satisfaction.

Full publication link: [Career satisfaction among working age individuals with MS and SCI](#)