

Development and evaluation of mental health and well-being interventions at the workplace

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BACKGROUND

Work-related stress



- Among the most commonly reported causes of illness by workers (EUROFOUND, 2007)
- Affects more than 40 million individuals across EU (EU-OSHA, 2002)
- Greatest risk factor leading to poor mental health and well-being

Workplace nowadays



- Busy and hurried working life
- New approaches to work
- New technologies
- New structure of organization and management



The need for highly effective, but brief interventions targeting mental health and well-being

Benefits



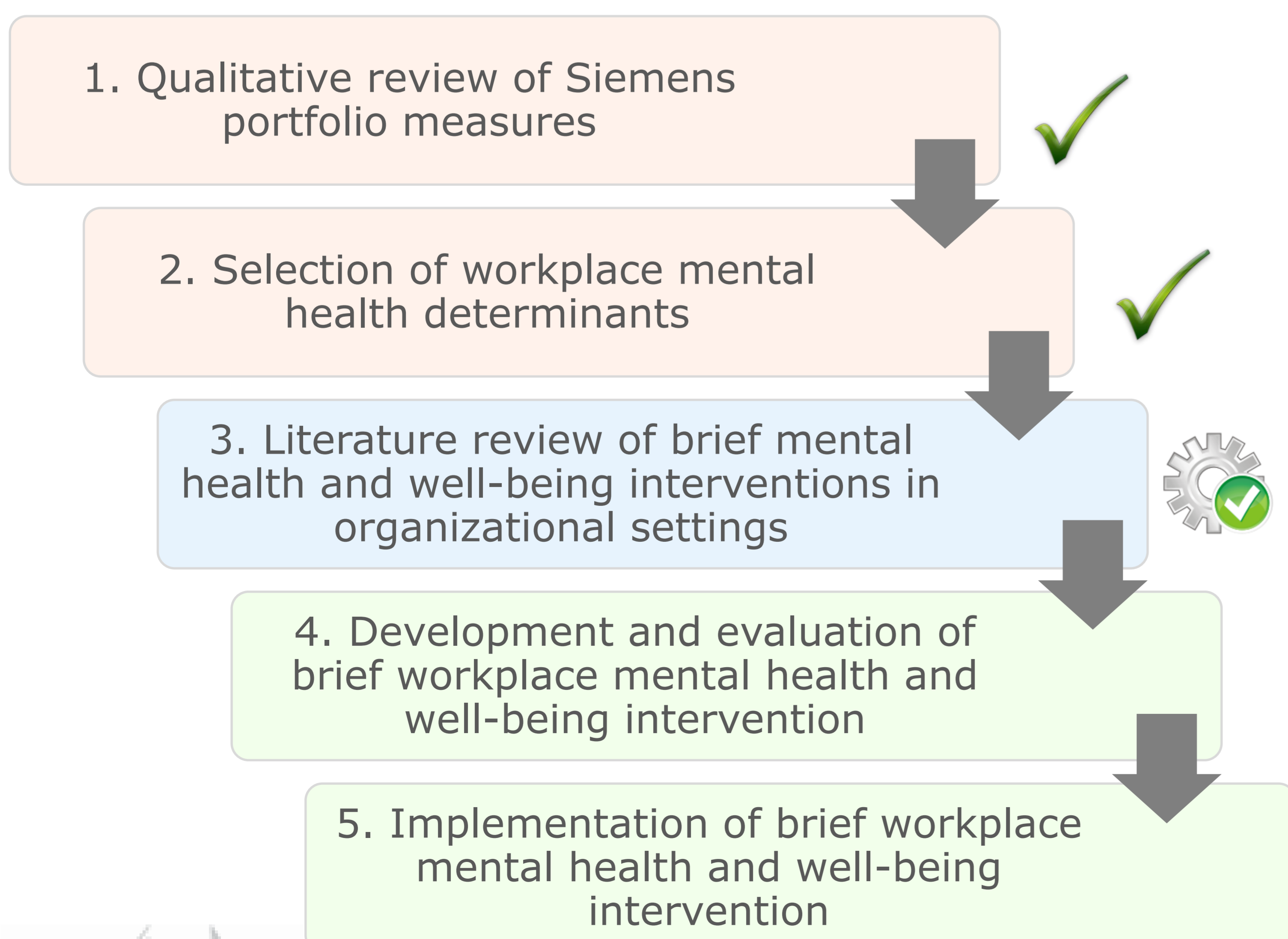
- For employees: Increased mental health, well-being and job satisfaction
- For managers: Healthier, more motivated and productive workforce
- For organizations: Improved performance, lower absenteeism, increased profit

OVERALL AIM

To increase employees' mental health and well-being by developing, implementing and evaluating mental health and well-being interventions in the enterprise settings, which should be:

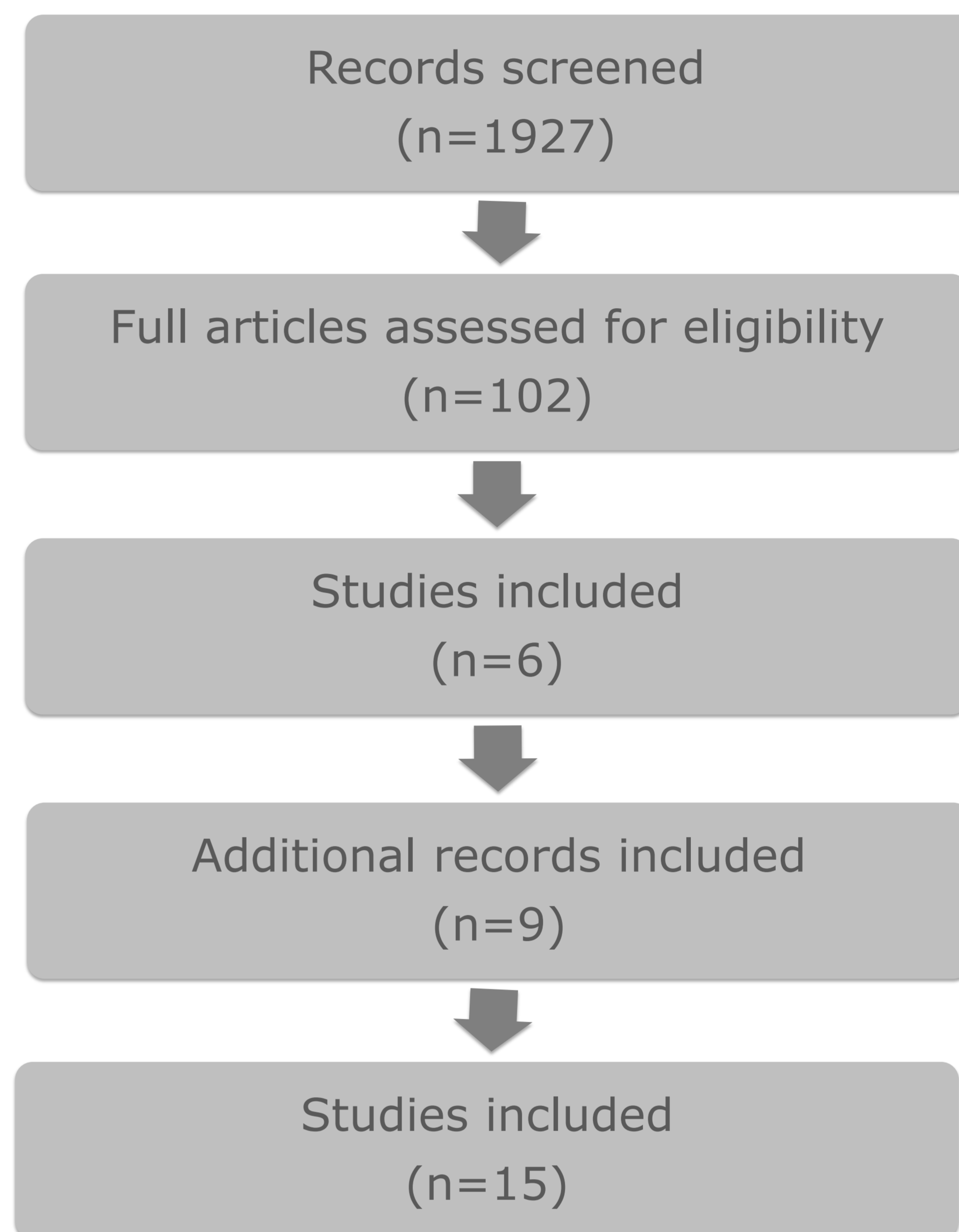
- Brief
 - conceptually sound
 - innovative & smart
 - highly effective

RESEARCH PLAN



PRELIMINARY RESULTS (Systematic review)

Aim: to provide an overview of the effectiveness of brief workplace interventions carried out in enterprises to reduce work-related stress and/or improve mental health and well-being of the employees



Results:

- Low number of brief interventions targeting mental health and well-being in enterprises
- Little evidence on effectiveness of brief mental health and well-being interventions in the enterprise settings
- Mindfulness and positive psychology interventions show positive short-term effects
- Brief mental health and well-being interventions in the company settings – new area of research
- Definition of brief intervention not standardised

RELEVANCE OF THE PROJECT

- Results of this research will provide a contribution to the scientific community, by adding up to the existing research and opening door for further research in the area of mental health and well-being interventions in the workplace settings
- The present research contributes to the field of workplace mental health and well-being, by offering modern, time-effective and efficient prevention and promotion strategies

REFERENCES

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