IEA VANCOUVER 2021
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21st Triennial Congress

H-WORK

Digital solutions for workplace mental health promotion during COVID-19 pandemic: Taxonomy and Human Factors issues

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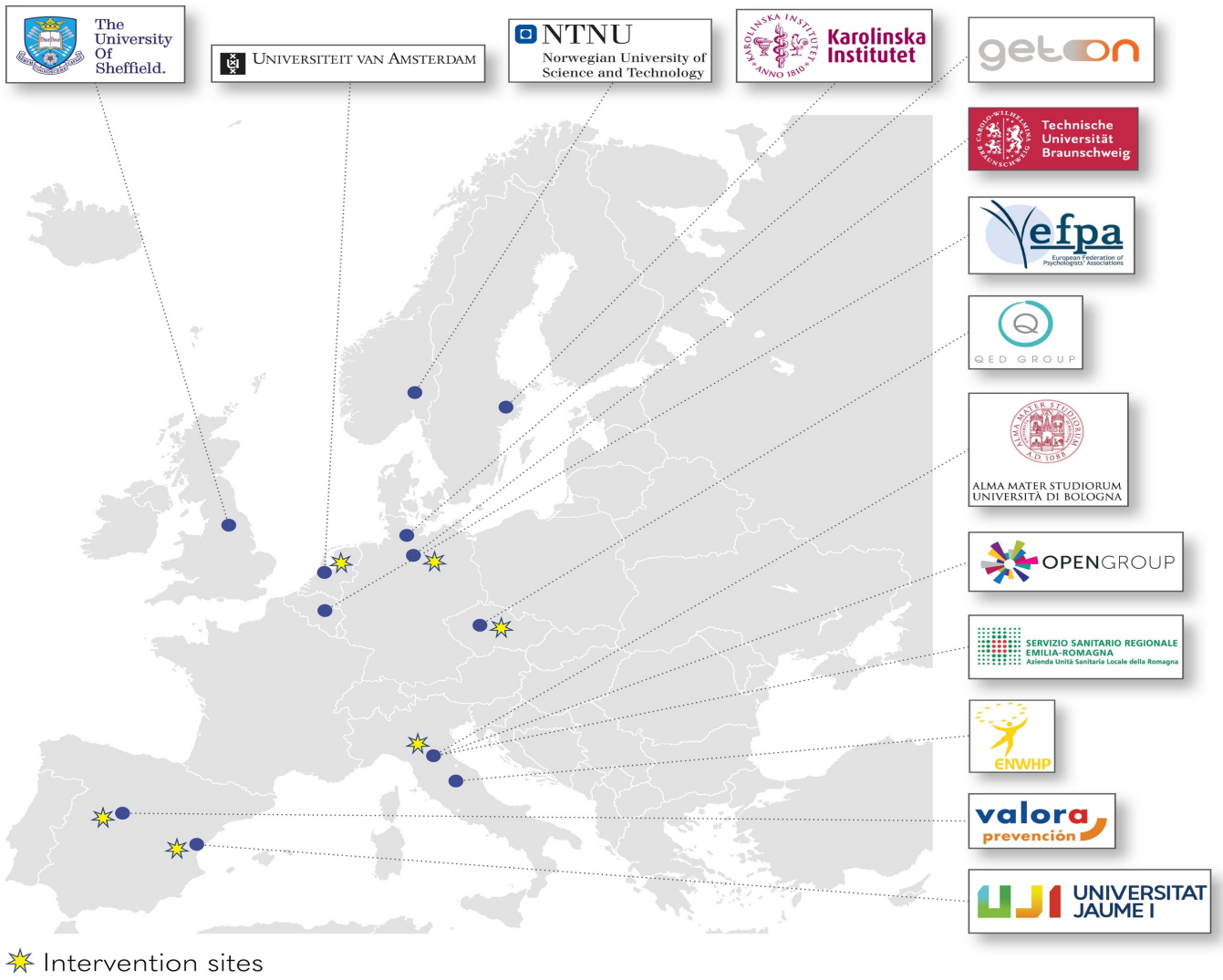
The H-WORK project



H-WORK

MULTILEVEL INTERVENTIONS TO PROMOTE MENTAL HEALTH IN SMEs AND PUBLIC WORKPLACES

- EU Horizon 2020
- 14 partners, 9 European countries:
  - 7 Universities (mostly I/O psychologists)
  - 2 European network of psychologists and workplace health promotion
  - 1 healthcare institution
  - 2 SMEs and spin-off
  - 1 no-profit organization
- Duration: 42 months

Digital-based solutions for workplace mental health

«Structured actions aiming to promote mental health at work by exploiting the potential offered by digital technologies»

- Interventions initially designed to take place in physical presence and adapted to digital format

- Interventions available via computer or smartphone only

Scenario: Mental health during COVID-19

Negative mental health impact of Covid-19 among workers:

- Depression, anxiety, stress
- Concern about job insecurity and personal safety

Public safety rules:

- Physical distancing
- Avoidance of social gatherings

Digital-based interventions for workplace mental health

Electronic Journal of Applied Statistical Analysis
Vol. 13, Issue 03, December 2020, 682-712
DOI: 10.1285/i20705948v13n3p682

Smartphone-based interventions for employees' well-being promotion: a systematic review

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PLOS ONE

RESEARCH ARTICLE

Effectiveness of eHealth interventions for reducing mental health conditions in employees: A systematic review and meta-analysis

Elizabeth Stratton[1]*, Amit Lampit[2], Isabella Choi[1], Rafael A. Calvo[3], Samuel B. Harvey[4,5,6], Nicholas Glozier[1]

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JOURNAL OF MEDICAL INTERNET RESEARCH Carolan et al

Original Paper

Improving Employee Well-Being and Effectiveness: Systematic Review and Meta-Analysis of Web-Based Psychological Interventions Delivered in the Workplace

Stephany Carolan, MSc; Peter R Harris, PhD; Kate Cavanagh, DPhil, DClinPsych

School of Psychology, University of Sussex, Brighton, United Kingdom

Review

Scand J Work Environ Health. 2019;45(6):560–576. doi:10.5271/sjweh.3839

Effectiveness of occupational e-mental health interventions: a systematic review and meta-analysis of randomized controlled trials

by Elena A Phillips, MSc, MA,[1] Vladimir S Gordeev, MD, PhD,[2,3] Jonas Schreyögg, MD, PhD[1]

JOURNAL OF MEDICAL INTERNET RESEARCH Heber et al

Original Paper

The Benefit of Web- and Computer-Based Interventions for Stress: A Systematic Review and Meta-Analysis

Elena Heber[1,2,3], PhD; David Daniel Ebert[2,4], PhD; Dirk Lehr[1,2], PhD; Pim Cuijpers[2,5], PhD; Matthias Berking[2,4], PhD; Stephanie Nobis[2], PhD; Heleen Riper[2,5,6], PhD

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A conceptual taxonomy for digital WMH promotion

Table 1. Taxonomy of workplace mental health digital technologies (DTs) and HF/E issues.

Functional category	• DTs for assessment and intervention: DTs for externally provided interventions, stress self-management strategies, and to reformat interventions; • DTs for remote work: considering differences and similarities with mandatory and non-mandatory home working and distributed working.
Cross-cutting HF/E issues	• Individual: acceptance, adoption, adherence, digital skills, digital fatigue, informational over-exposure, technological readiness, usability perceptions; • Organizational: availability of technological infrastructure, organizational culture, organizational support, organizational openness towards innovation.
Design and development challenges	• Designing based on end users' needs, requirements and preferences; • Ensuring fit between technology and organizational context; • Embedding confidentiality, data protection and privacy by design.

Human Factors and Ergonomics issues

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Research and practical implications

Research implications:

- Future investigation of digital-based interventions' working mechanisms
- Further empirical support for the proposed taxonomy

Practical implications:

- User-centered design
- Overview of actionable solutions for occupational mental health practitioners

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www.h-work2020.eu