

# Best Practices to Promote Workplace Mental Health: Review and Preliminary Results from H-WORK

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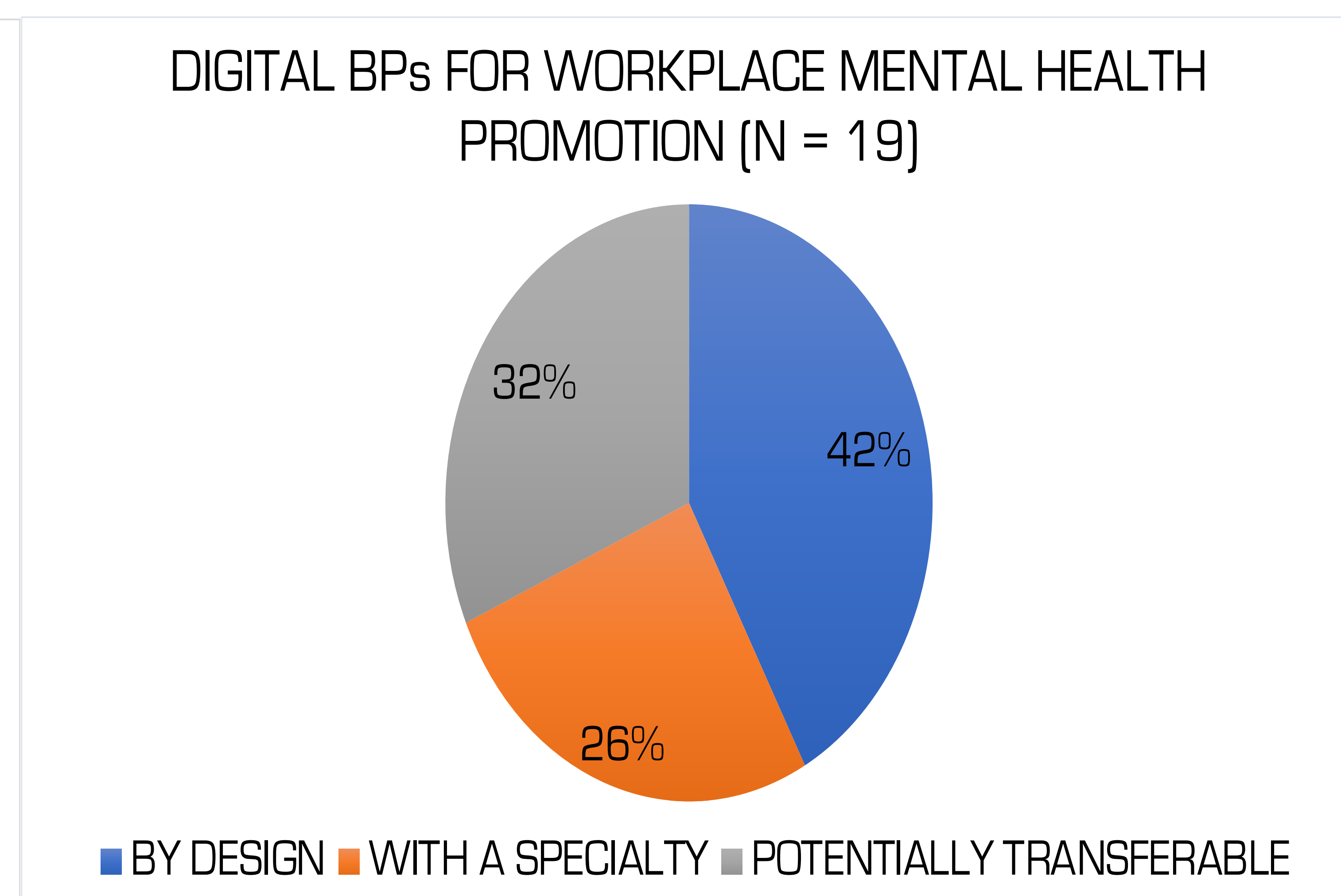
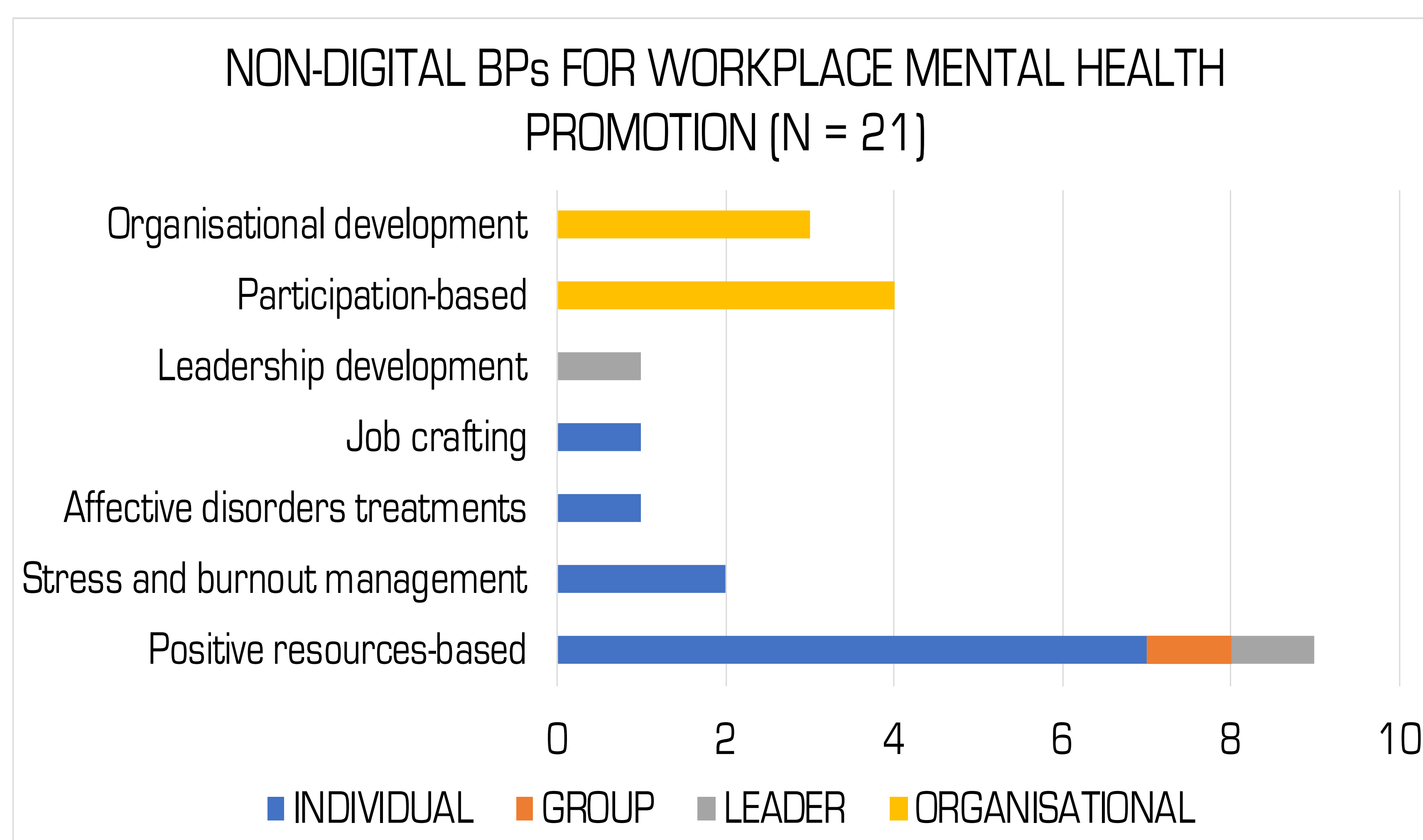


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## 1. INTRO

The EU-H2020 project “H-WORK: Multi-Level Interventions to Promote Mental Health in SMEs and Public Workplaces” (De Angelis et al., 2020) aims to design, implement and validate effective assessment and intervention toolkits to foster workplace mental health in public institutions and small and medium enterprises, at multiple levels (individual, group, leader, organisation) defined by the IGLO model (Nielsen et al., 2018). Therefore, as its first step, the project has aimed to identify and select evidence-based interventions to be subsequently implemented and evaluated, both non-digital and digital (Heber et al., 2017).

## 3. RESULTS



## 4. DISCUSSION

The Consortium expertise approach allowed to balance the needs for validity and practicality. Non-digital BPs were consistent with the H-WORK core concept, as they cover one or more IGLO levels, are based on well-accredited theoretical frameworks, and target evidence regarding their effectiveness. A significant number of digital BPs could be considered as relevant for the project, as they are based on consistent and well-accredited theoretical frameworks, are evidence-based, market-available, and correspond to superior TRL. BPs are currently being implemented into multilevel intervention protocols across the 11 European test-sites of H-WORK and will be evaluated in terms of outcomes, working mechanisms, and financial costs.

## REFERENCES

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