



Luuk Bouwens

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Bio sketch

Luuk Bouwens is a researcher at TNO in the field of mental health of employees. In his PhD research at Amsterdam UMC, he focuses on the prevention of mental health issues among employees using a tailored intervention program.

“Vital@Work: a tailored intervention program for prevention of work stress”

Work stress is a serious problem among workers in various work settings. To prevent for work related stress, effective interventions should be implemented in the workplace. However, effective interventions frequently fail to work if applied in a different (work) setting. This is partly due to lack of evidence for interventions tailored to behavioural, organizational & contextual (BOC) determinants of individuals and populations at risk. In the present study we develop and evaluate effectiveness of a participatory approach (PA) to tailor interventions to BOC-determinants of individuals and populations at risk, directed at prevention of work stress.

In this presentation, more information about the research design of this cluster randomized controlled trial (RCT), the importance of BOC determinants in the implementation of interventions and the operationalization of participation and mental well-being will be provided. Additionally, preliminary results from focus group interviews can presumably be reported at the time of the conference. These results provide insight into relevant BOC determinants of successful implementation of interventions in different organizations.

Author and co-authors

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