



Vital@Work

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TNO innovation
for life

 **Amsterdam UMC**
Universitair Medische Centra

NL **Health~Holland**
SHARED CHALLENGES, SMART SOLUTIONS

STUDY BACKGROUND



Background

Objectives



VITAL@WORK IN 2 WORK PACKAGES

Work package 1: Prevention

Aimed at	Departments
Involved:	Employees Participatory work group: • Employees • Managers • HR • Communication • Working group leader Occupational physician Researcher Vital@Work
Participants	1668 participants: Intervention group = 834 Control group = 834

Work package 2: Reintegration & treatment

Aimed at	Workers on sick leave
Involved:	Workers on sick leave and their manager(s) Health and safety service Occupational physician Occupational health and safety professional Researcher Vital@Work
Participants	208 participants: Intervention group = 104 Control group = 104

WORK PACKAGE 1: PREVENTION

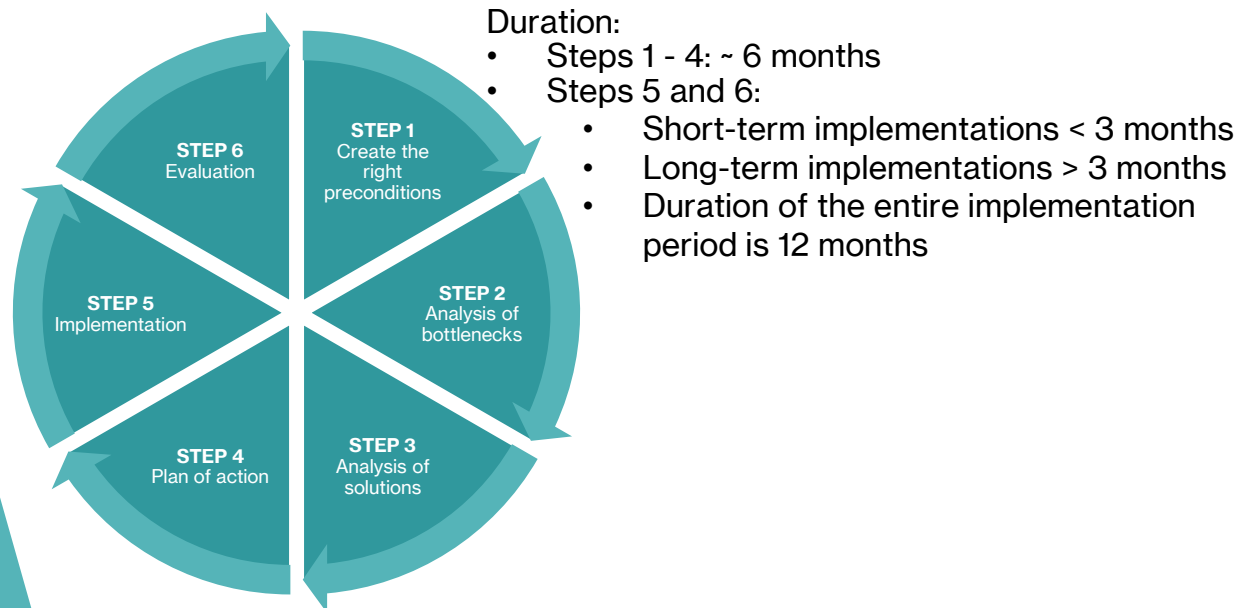
GOAL

Develop and evaluate an approach aimed at prevention of work stress, psychosocial workload, burnout and psychological complaints.

METHOD

We will work on deploying a combination of effective interventions in such a way that you as an organization will be able to do this yourself after the project. We do this using the Participatory Approach (PA) at the department or team level.

PARTICIPATORY APPROACH



EFFECT EVALUATION



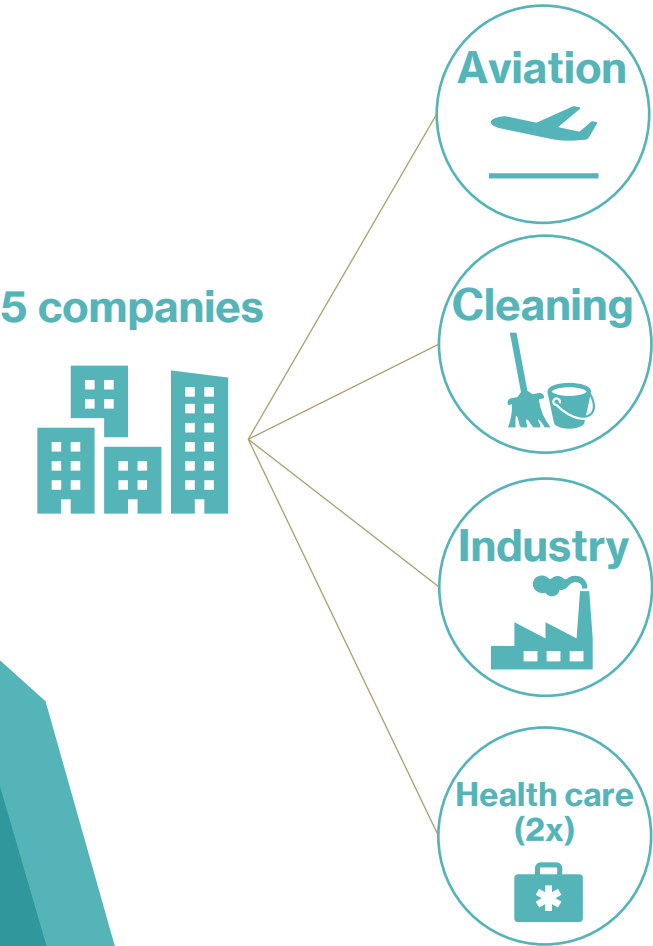
- ① At baseline
- ② After 6 months
- ③ After 12 months

Participants: intervention and control group

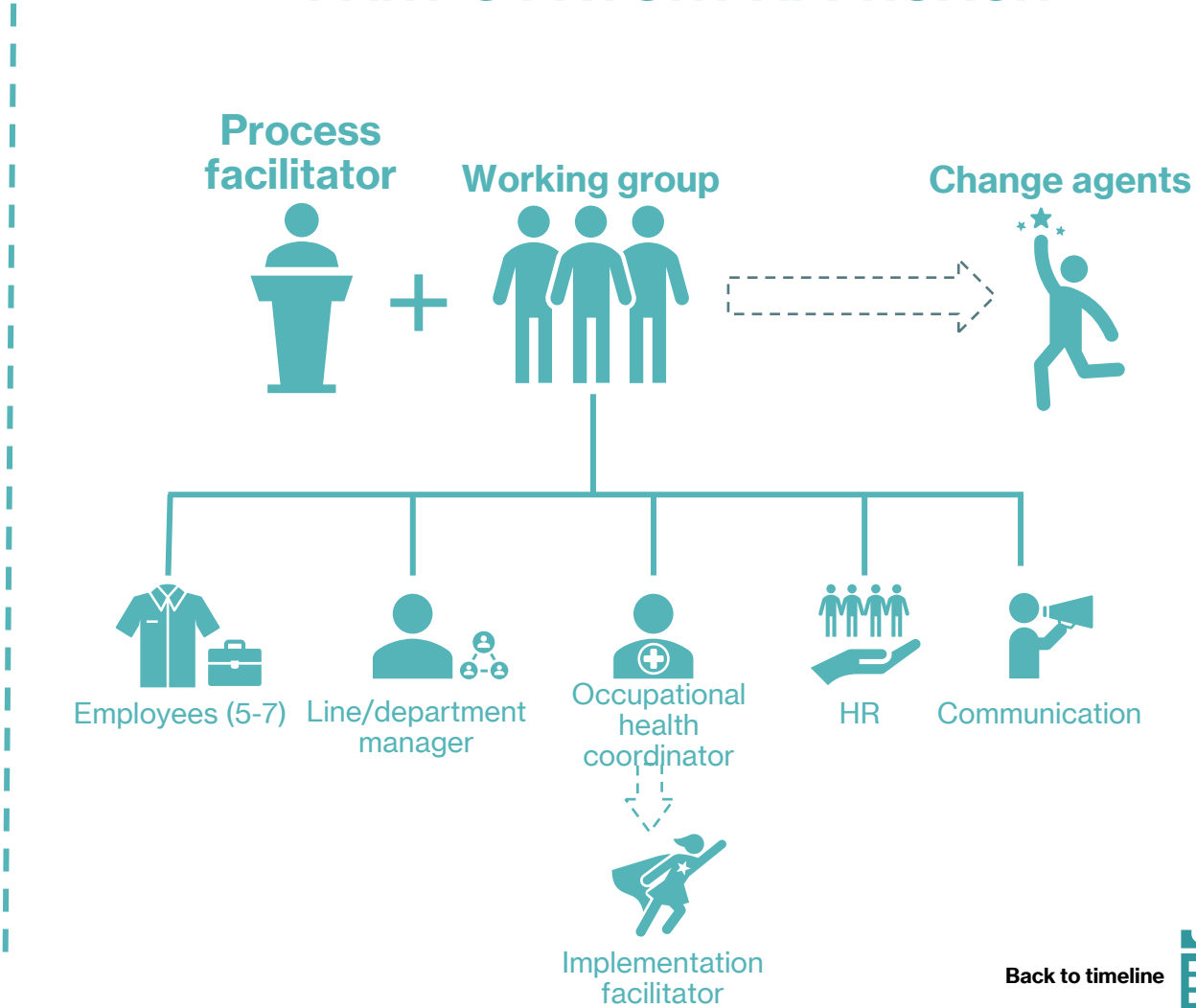
STAKEHOLDERS WP PREVENTION

General information

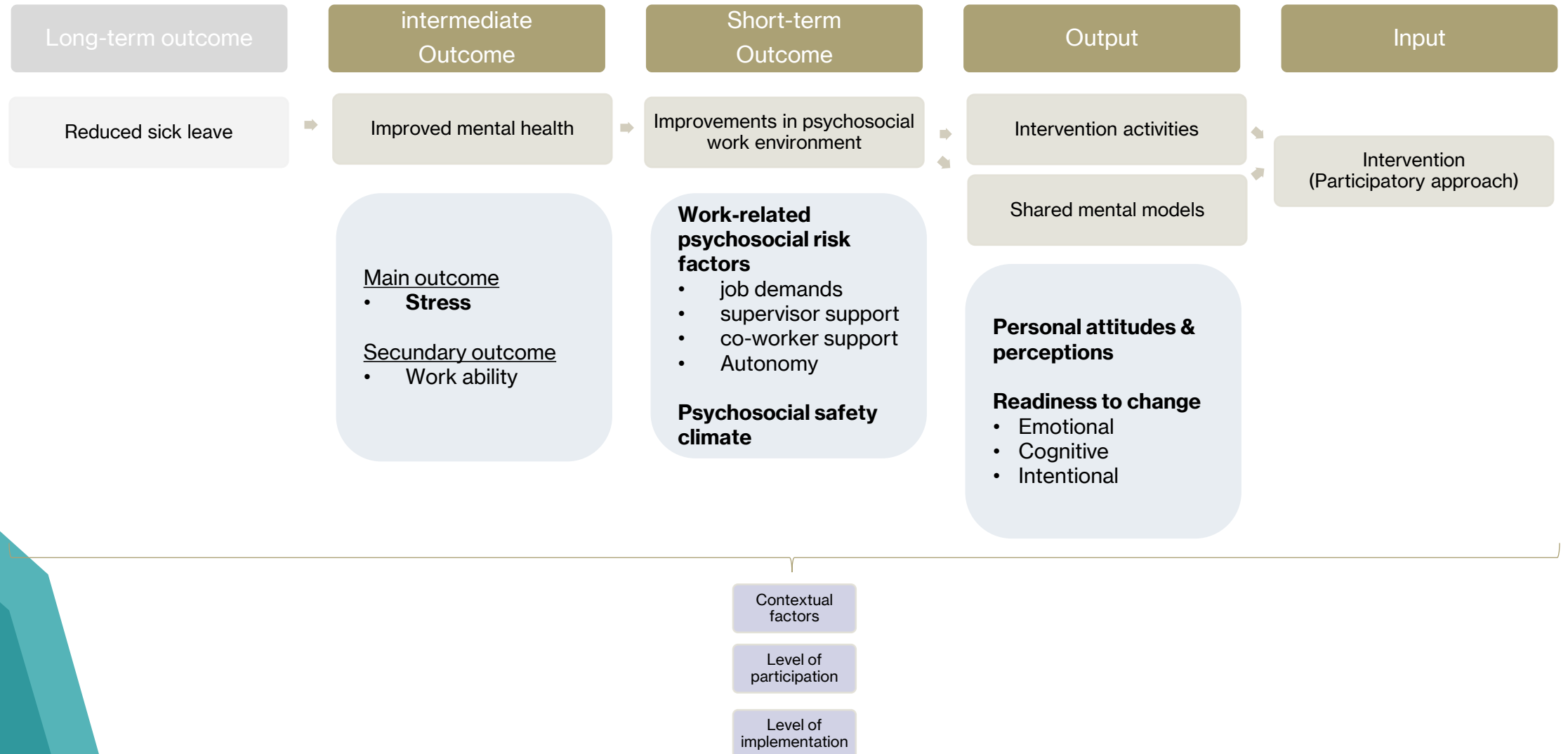
VITAL@WORK PROJECT



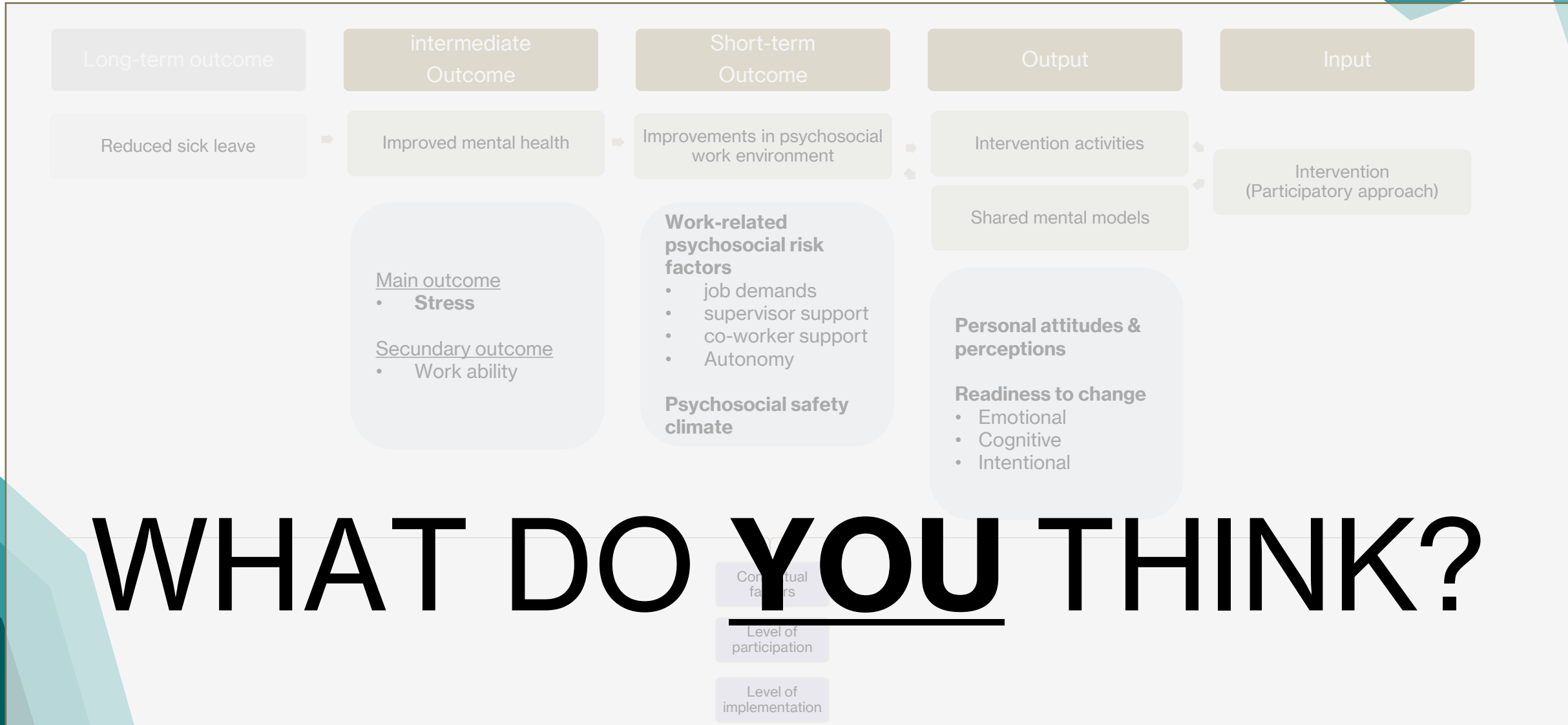
PARTICIPATORY APPROACH



LOGIC MODEL OF CHANGE



LOGIC MODEL OF CHANGE



QUESTIONS

