

# The development and test of a novel occupational eMental health intervention in the workplace: the EMPOWER project

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## Background

**Occupational mental health problems** constitute a public health issue, given their huge burden and economic costs for both the individuals and the society. Therefore, they need to be addressed with **effective intervention strategies**. However, **implementation of eMental health interventions** in the workplace can be a complex process that faces a number of barriers.



Figure 1: Limitations and barriers for effective implementation of e-health intervention in the workplace

## Objectives

The EMPOWER project (European platform to Promote Wellbeing and Health in the workplace) is a European ongoing project that has the objective **to prevent common mental health problems at workplace and to reduce their impact** through the development and testing of a novel occupational eMental Health app.

## Methods

The Empower app consists of a **modular structure**, and addresses different levels of prevention (primary, secondary and tertiary prevention). At present, a **pilot study** on the implementation of the EMPOWER app is ongoing through a randomized controlled trial that is being conducted in SMEs and Public Agencies in four European countries: UK, Spain, Poland and Finland.

During all the phases of the project, **stakeholders** will be involved to provide input and feedback on the platform components and to evaluate barriers and facilitator to implementation of the program.

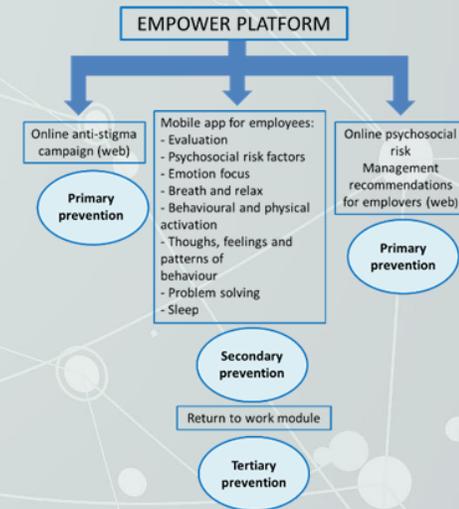


Figure 2: The modular structure of the EMPOWER e-Health platform.

## Results

EMPOWER is expected to provide a **feasible, brief and cost-effective occupational eMental health intervention** to support the management of mental health issues in the work sector, with a broad applicability, but also context-specific, and suggestions about the most appropriate and effective strategies for a successful uptake of the eHealth platform.