

The well-known BioPsychoSocial model of Health

A recent article (2022) The BioPsychSocial Model is lost in translation:

<https://doi.org/10.1080/09593985.2022.2080130>

The Risk Inventory & Evaluation/Risk assessment is mandatory in the Netherlands - also for Physiotherapists (private) practices.

Different questions for different items have to be scored into the traffic light model:

1. Occupational Health & Safety Policy
2. Psychosocial workload
3. 1-1 treatments
4. To work with groups
5. Treatments at home.
6. administration
7. Counter activities
8. Housing & general facilities
9. Covid-pandemic (look for the *Online Interactive Risk Assesment*)



DISC-R model: Balance at work – How to balance the scale.....

Niks, I. M. W. (2015). Balance at work: discovering dynamics in the Demand-Induced Strain Compensation Recovery (DISC-R) model Eindhoven

<https://www.google.nl/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjG1b7oweb-AhUY7rsIHdpqAbYQFnoECA0QAQ&url=https%3A%2F%2Fpure.tue.nl%2Fws%2Ffiles%2F4033806%2F794408.pdf&usg=AOvVaw3UIMG3Znk2rbW4eN5yDEhk>



VAR-2 app: Sustainable employability questionnaire.

<https://www.var-2.nl/wp-content/uploads/sites/3/2022/01/Vendrig-Work-2021>.

The WORK ABILITY INDEX Ilmarinen

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjYgc_jxOb-AhUJs6QKHSSNBYAQgAMoAHoECAUQAaw&url=https%3A%2F%2Fscholar.google.nl%2Fscholar_url%3Furl%3Dhttps%3A%2F%2Facademic.oup.com%2Focmed%2Farticle-pdf%2F57%2F2%2F160%2F4499906%2Fkqm008.pdf%26hl%3Dnl%26sa%3DX%26ei%3DW1hZZIKIEKnZsQKVqZlBg%26scisig%3DAGIGAw-opEoUPGMkm4RN7LIMb3dh%26oi%3Dscholar&usg=AOvVaw1zJpyocYzle8KwsKr_UAcJ

Online Interactive Risk Assessment: The Work Ability Index Questionnaire

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjYgc_jxOb-AhUJs6QKHSSNBYAQFnoECAwQAQ&url=https%3A%2F%2Fworkbox.chrodis.eu%2Frepository%2Fpdf%2FWAI-Work-Ability-Index.pdf&usg=AOvVaw0VhrFgxuNR_4PoFljDfEa2

The Goldilocks Principles:

https://www.google.nl/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjbr_Ctyub-AhXTwAIHHTP8DWwQFnoECAcQAQ&url=https%3A%2F%2Fen.wikipedia.org%2Fwiki%2FGoldilocks_principle&usg=AOvVaw0wVKmTIHmicNiHnSZGPqWt

VitOScan:

<https://operasana.eu>viitoscan>

Preventing-occupational Stress in healthcare workers:

https://www.cochrane.org/CD002892/OCHEALTH_preventing-occupational-stress-in-healthcare-workers

<https://public.tableau.com/app/profile/alexandra.waddell/viz/WorkplaceMentalHealthEvidenceMap/EvidenceMap#1>

Future research should look to fill the gaps within the map including the **lack of organization and system level factors and especially economic evaluations!**

RESEARCH ARTICLE

Open Access

A systematic review including meta-analysis of work environment and burnout symptoms



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Abstract

Background: Practitioners and decision makers in the medical and insurance systems need knowledge on the relationship between work exposures and burnout. Many burnout studies – original as well as reviews - restricted their analyses to emotional exhaustion or did not report results on cynicism, personal accomplishment or global burnout. To meet this need we carried out this review and meta-analyses with the aim to provide systematically graded evidence for associations between working conditions and near-future development of burnout symptoms.

Methods: A wide range of work exposure factors was screened. Inclusion criteria were: 1) Study performed in Europe, North America, Australia and New Zealand 1990–2013. 2) Prospective or comparable case control design. 3) Assessments of exposure (work) and outcome at baseline and at least once again during follow up 1–5 years later. Twenty-five articles met the predefined relevance and quality criteria. The GRADE-system with its 4-grade evidence scale was used.

Results: Most of the 25 studies focused emotional exhaustion, fewer cynicism and still fewer personal accomplishment. Moderately strong evidence (grade 3) was concluded for the association between job control and reduced emotional exhaustion and between low workplace support and increased emotional exhaustion. Limited evidence (grade 2) was found for the associations between workplace justice, demands, high work load, low reward, low supervisor support, low co-worker support, job insecurity and change in emotional exhaustion. Cynicism was associated with most of these work factors. Reduced personal accomplishment was only associated with low reward. There were few prospective studies with sufficient quality on adverse chemical, biological and physical factors and burnout.

Conclusion: While high levels of job support and workplace justice were protective for emotional exhaustion, high demands, low job control, high work load, low reward and job insecurity increased the risk for developing exhaustion. Our approach with a wide range of work exposure factors analysed in relation to the separate dimensions of burnout expanded the knowledge of associations, evidence as well as research needs. The potential of organizational interventions is illustrated by the findings that burnout symptoms are strongly influenced by structural factors such as job demands, support and the possibility to exert control.

Keywords: Burnout, Emotional exhaustion, Cynicism, Personal accomplishment, Job control, Job demands, Social support, Review, Meta-analyses, GRADE system

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How effective are interventions in optimizing workplace mental health and well-being? A scoping review of reviews and evidence map

by [Waddell A](#), [Kunstler B](#), [Lennox A](#), [Pattuwage L](#), [Grundy EAC](#), [Tsering D](#), [Olivier P](#), [Bragge P](#)

The study provides a scoping of the review level literature on workplace mental wellbeing interventions. Findings from 80 reviews are synthesised and presented in an interactive evidence map and is the first to our knowledge. The evidence-base is broad and extensive. There is an apparent knowledge-to-practice gap, which this study aims to fill.

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Refers to the following texts of the Journal: [2019;45\(6\):546-559](#)
[2019;45\(4\):324-332](#) [2017;43\(2\):99-108](#)

Key terms: [burnout](#); [evidence map](#); [intervention](#); [mental health](#); [practice review](#); [review](#); [scoping review](#); [stress](#); [well-being](#); [workplace mental health](#)

Additional material

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