

PSYHEALTH WORXS!

Psychosocial Health Prevention and
Work Standards



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Why PsyHealth worXs!

Up to 50% of employees in the EU report suffering from work-related stress. And about 80% of managers are concerned about psychosocial risks in their organisations. Moreover, it is actually mandated by European law for employers to ensure the safety and health of their employees. However, only 30% of organisations have procedures in place to deal with psychosocial risks.

In PsyHealth worXs! you will learn how to conduct a psychosocial risk assessment, so you can help change these numbers! We will guide you through the 7 steps of psychosocial risk assessment, present the latest research findings, share insights and tips from practitioners, and skills to adapt the lessons learned to your specific context. Join us in making the workplace a more productive, healthier, and better place.

About PsyHealth worXs!

Optimize psychosocial risks and create healthy workplaces for happy employees.

PsyHealth worXs! is a project funded by EIT Health (2020 – 2025) and carried out by the RWTH Aachen University in cooperation with the Universities of Maastricht and Lisbon.

The aim of PsyHealth worXs! project was the development of a digital learning application that is easily accessible, user-friendly, and practice-oriented based on scientific knowledge. Our goal is to teach all relevant stakeholders in occupational health and safety to take psychological stress into account as part of the risk assessment.



What You Get

Over a six-weeks period, we will use practical and application-oriented examples to teach the process of risk assessment of mental demands. The self-paced course is available any time. The supervised course (with the optional certificate) usually starts at the end of October.

What is work-related stress?
Why is psychosocial risk assessment needed?
Scientific foundations and legal obligations
Obstacles to psychosocial risk assessment
Step-by-step guidance through the process cycle
Insights from practitioners



EFFORT

Workload of 2-3 hours/ week. Follow at your own pace.



COSTS

Participate for free or pay for the verified version (costs on the edX website).



SERIOUS GAME

Transfer your knowledge into skills by testing it in a virtual environment.



CERTIFICATE

Obtain a certificate and prove your skills. Please refer to edX for the current price.



REFLECTION

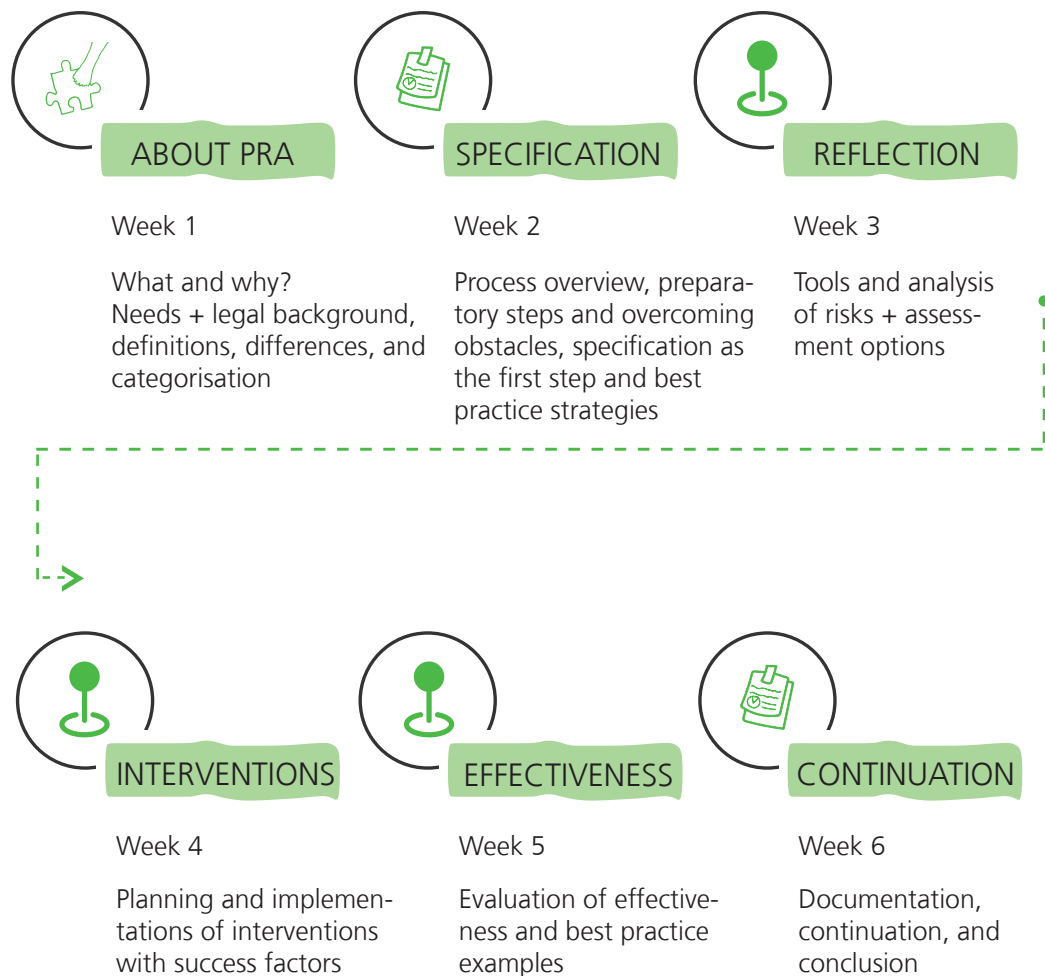
Reflect on the obtained knowledge and your past experiences.



LANGUAGES

English with subtitles in: Dutch, English, French, German, Luxembourgish, Portuguese, Romanian, Slovenian, Spanish, and Swedish.

The Journey



Who Should Apply

To benefit from PsyHealth worXs!, you should ...

-  Be responsible for occupational safety and health at your company or organization, or provide consulting services in this area
-  Start from the beginning: there are no prerequisites.
-  You can be a manager or supervisor, occupational health physician, HR manager, occupational health manager, safety and health specialist... or any stakeholder of occupational health concerns.

Financial obligations

The MOOC is freely available at no cost.

On edX, we are offering a verified user track, which includes quizzes and the completion of two essays, for obtaining the certificate. Please refer to edX for the current course fee for the "Verified Track."

Meet Our Partners

The interdisciplinary expertise of our project team makes the design of our course program unique.

Germany



Uniklinik RWTH Aachen

Netherlands



Maastricht University

Portugal



Faculty of Human Kinetics

Luxembourg



University of Luxembourg

Slovenia



University Medical
Centre Ljubljana

Romania



Atelierul de Idei

Sweden



KTH Royal Institute
of Technology

Sweden



University of Gothenburg

Spain



Institut Català de la Salut -
Hospital Universitario Valle
de Hebrón

Spain



Hospital Clínic de
Barcelona

Spain



DKV Salud

About EIT Health

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Our vast community, including approximately 150 world-class partner organisations, works across borders to bring together the three worlds of business, research, and education. Backed by the European Union, EIT Health brings together the brightest minds from the worlds of business, research, education, and healthcare delivery to answer the biggest health challenges Europe faces.

Learn more at <http://eithealth.eu>

Initial funding provided by:



More information

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<https://www.edx.org/learn/medicine/rwth-aachenuniversity-psyhealthworxs-psychosocialhealth-prevention-andwork-standards>



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READ OUR PUBLICATIONS

DOI: 10.3233/WOR-211264
<https://is.gd/dLgM55>



VISIT OUR WEBSITE

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Apply by 03 November 2026

