

# SHAPING SUSTAINABLE WORK

## Digital Insights for Psychosocial Health



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### 1. Background

**Psychosocial risks are now among the leading occupational health challenges in Europe.**

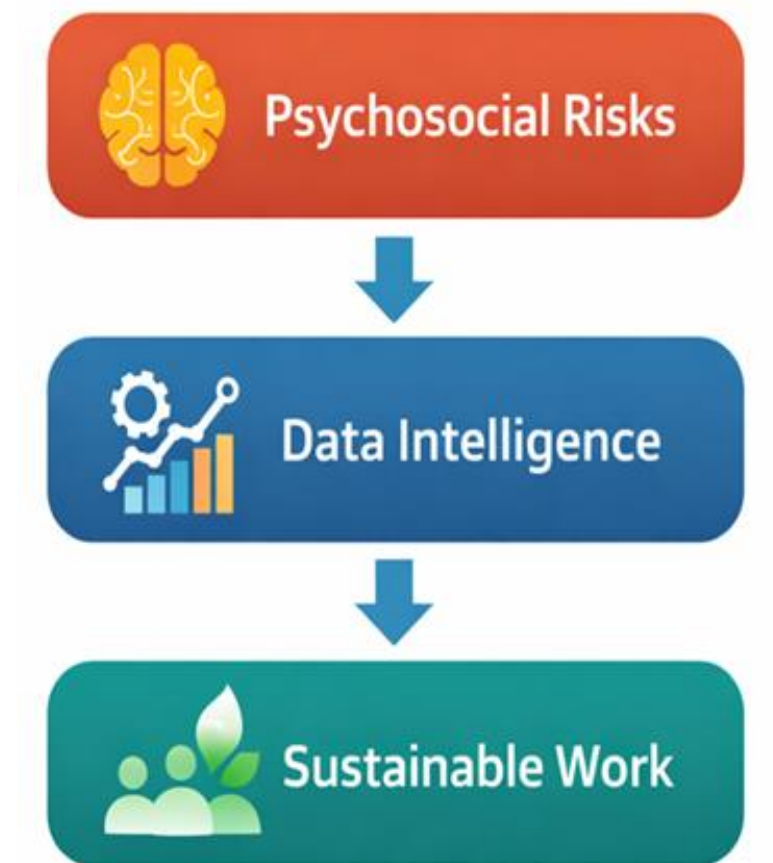
Digital transformation is reshaping occupational safety and health (OSH), creating new opportunities to support sustainable, healthy, and equitable workplaces. Growing psychosocial risks—including stress, burnout, and work overload—demand innovative monitoring and prevention strategies.

Sustainable careers require:

- balanced work demands
- psychosocial resilience
- evidence-based prevention

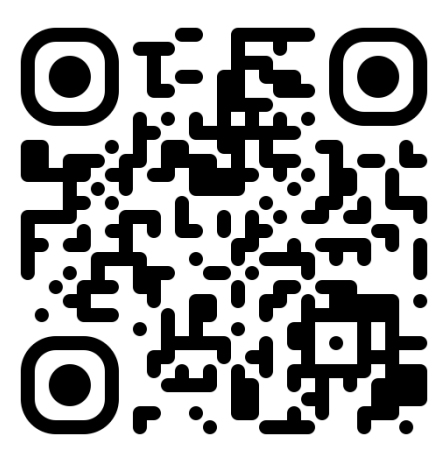
### 2. Objectives

- Assess psychosocial risks across the Portuguese workforce using digital monitoring tools
- Strengthen occupational health surveillance through data-driven, evidence-based approaches [Case study with scalability to European contexts]
- Identify psychosocial inequalities and high-risk worker groups
- Support evidence-based policy and organizational decision-making
- Promote sustainable workplaces



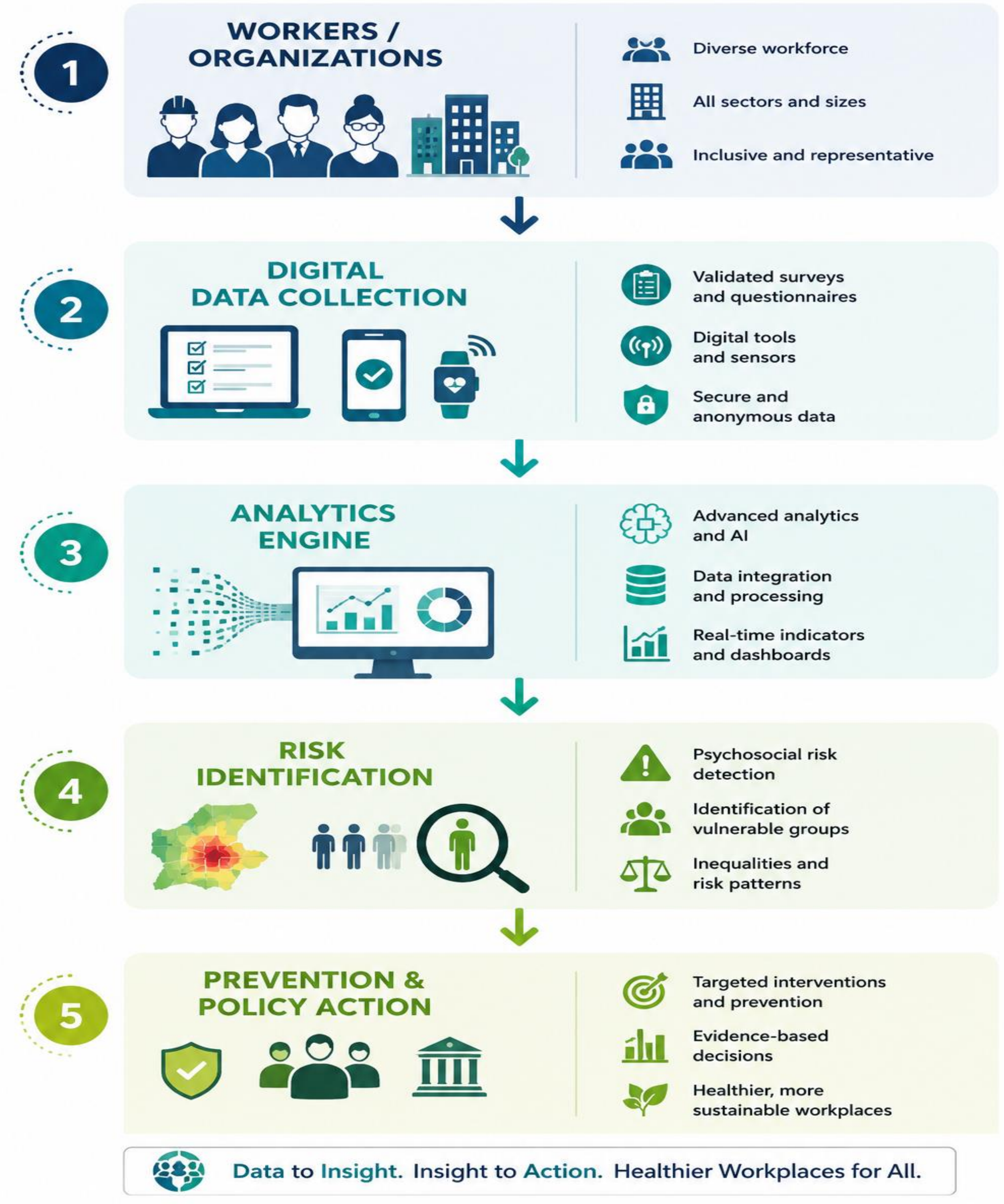
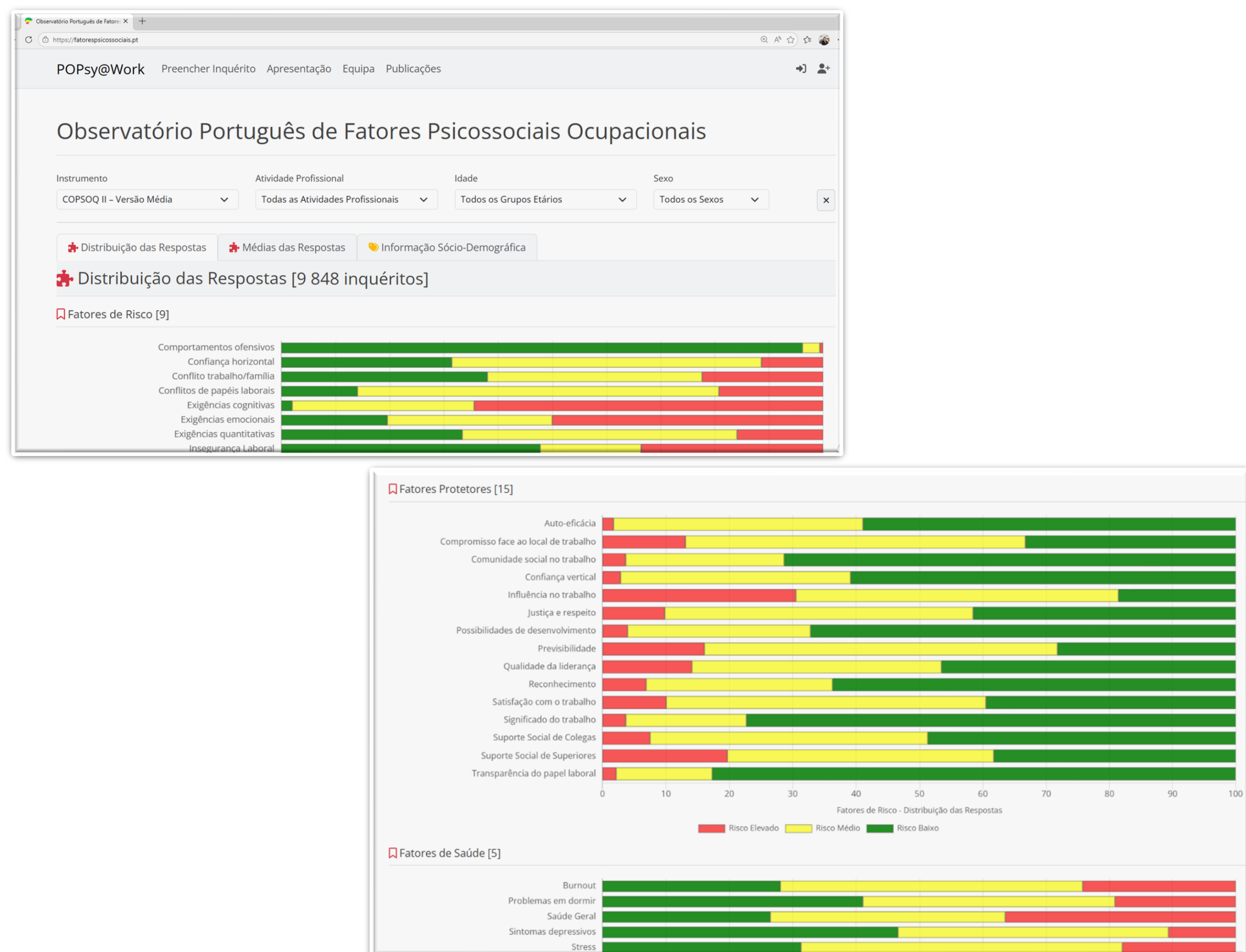
### 3. Popsy@Work Digital Intelligence Hub

Popsy@Work is a digital platform designed to collect, analyze, and visualize psychosocial health indicators across workplaces.



#### Core Functions:

- Digital occupational psychosocial health surveillance
- Data visualization and benchmarking
- Reference values for psychosocial indicators
- Identification of vulnerable worker groups
- Dissemination of best practices



### 4. Impact and Relevance

The platform transforms complex psychosocial data into practical insights that help organizations and policymakers:

- Improve employee well-being
- Strengthen resilience and prevention strategies
- Reduce psychosocial inequalities
- Support evidence-based policy development

### 5. Key Message

Popsy@Work demonstrates how digital innovation can strengthen occupational health systems while supporting prevention, resilience, and informed decision-making.

**Digital psychosocial surveillance enables healthier and more resilient workplaces.**



Keywords: Psychosocial Health; Occupational Health; Digital Health at Work; Sustainable Work; COPSOQ; Analytics; Data Integration; Digital Transformation

