



Bulletin Winter 2025/2026

Bulletin of the European Academy of Occupational Health Psychology

Editors' Welcome



Welcome to the Winter edition of the EAOHP Bulletin for the end of 2025 and beginning of 2026!

As we begin a new year, we would like to extend our warmest wishes to all our members and colleagues for a happy, healthy, and productive year ahead. The EAOHP continues to champion research and practice that promote well-being and sustainable performance in the workplace, and 2026 promises to be an exciting year for our community.

Preparations for our upcoming conference in Helsinki this summer are well underway, and we look forward to bringing together researchers, practitioners, and policymakers from across the globe. The event will provide a vibrant platform for sharing cutting-edge findings, exchanging ideas, and fostering collaborations that advance the science and practice of occupational health psychology.

We look forward to providing further updates in the coming months and thank you for your continued engagement and support.

We hope you enjoy this edition of the bulletin.

Dr Fiona Frost, *Media & News Editor*

Dr Juliet Hassard, *Publications Officer*

17th EAOHP Conference, 15-17th June, 2026



Preparations are well underway for the EAOHP 2026 Conference, which will take place from the 15-17th June 2026 at the University of Helsinki, with post-conference workshops scheduled for the 18th June. This year's theme, '*Mental health at work: From research to policy and practice*', promises a rich and engaging programme featuring oral and poster presentations, invited symposia, and special sessions.

This conference will be held in a face-to-face format and only a selection of sessions will be streamed online. Therefore, we encourage you to plan your trip to Helsinki in advance in order to benefit from the great experience our conference provides.

The call for abstracts closed in November, and we are thrilled to report an outstanding response from our community. We received a record number of submissions, reflecting the breadth and depth of research in occupational health psychology. This strong engagement sets the stage for a rich and diverse conference in Helsinki. The review process is currently underway, with decisions expected to be sent via email by the end of February 2026.

Keynote Speakers

The keynote speakers for the upcoming conference are:

- Professor Jari Hakanen (Finnish Institute of Occupational Health / University of Helsinki)
- Professor Sabine Sonnentag (University of Mannheim)



Delegate Registration

Delegate registration¹ for the conference is open!

Welcome Reception

Join us for the Welcome Reception at the historic Helsinki City Hall, where the city of Helsinki warmly welcomes you to its vibrant heart. The venue with its neoclassical architecture combines historical charm with modern elegance. Enjoy the inviting atmosphere and connect with fellow attendees after a day of insightful conference sessions.

¹<https://helsinki.eaohp.org>

Please note that the welcome reception event is free of charge, but tickets are limited. To secure your place at this event, please make sure to confirm your attendance while registering for the conference.



Conference Dinner

The conference dinner will be held on 16 June 2026 at **Sipuli Restaurant**², situated within walking distance of the University of Helsinki.

The restaurant is located inside an old red-brick storehouse in the centre of Helsinki, next to Uspenski Cathedral. It offers magnificent views of the cathedral from its glass-roofed winter garden and dining room.

The venue exudes maritime tales, adventures, and a touch of mystical ambience from decades past. It's the perfect setting to enjoy good company and delicious food, making for a memorable evening in the heart of Helsinki.

Tickets for the conference dinner are available when completing delegate registration and are priced at 100€.

²<https://www.ravintolasipuli.fi/en/restaurant-sipuli/>



Special Sessions

The EAOHP's Practice Forum, in collaboration with the Finnish Institute of Occupational Health (FIOH), will deliver a selection of special sessions throughout the conference.

The aim of these sessions is to promote the discussion regarding practical solutions and challenges of collaboration models and roles in supporting mental well-being at workplaces among practitioners and OHS specialists collaborating with workplaces.

Session 1. The Role of Occupational Health Care Collaboration

This session will explore the role of OHS in supporting mental wellbeing of employees. The focus will be on proactive strategies and interventions to support and manage psychosocial risks and support mental health challenges in the workplace. Key topics: organisation of employee health care, multiprofessional collaboration and evidence-based approaches.

This session will be delivered by the Occupational Health Care Unit, FIOH.

Session 2. Occupation Safety Collaboration and Practices

Focusing on the role of occupational safety, this session will examine how workplace policies and practices can be designed to manage risks and simultaneously promote mental well-being. Key topics: psychosocial work environment in supporting mental health (or employee work ability), improving safety culture and resilience, and ensuring alignment between physical and mental health initiatives.

This session will be delivered by the Occupational Safety Unit, FIOH.

Session 3. Best Practices and Research Models

This concluding session will focus on synthesising best practices and presenting innovative research models that enhance mental well-being through workplaces. Participants will gain insights into successful national and international interventions and frameworks that have been studied and/or implemented. The session will also provide human resource specialists, supervisors, researchers and practitioners with an opportunity to discuss ways of improving mental health of employees and potential collaborative projects.

This session will be delivered by the Work Ability and Work Careers Unit, FIOH.

Eusebio Rial-González Innovation & Practice Award in Occupational Health Psychology



In 2014 the EAOHP lost one of its founding members, Dr Eusebio Rial-González. Seb will always be remembered as a beloved colleague and true innovator in occupational health psychology. He was a key member of the team that established the European Academy of Occupational Health Psychology and served as the EAOHP Finance Officer and member of its Conference Organising Committee until 2002. He subsequently moved to the European Agency for Safety & Health at Work in Bilbao, Spain. As Head of its Prevention and Research Unit, Seb was the architect of the Agency's Healthy Workplaces' campaign on work-related stress and psychosocial risks. Amongst his other EU-OSHA achievements are the design and launch of ESENER, the European Survey of Enterprises on New and Emerging Risks, the launch of the Online interactive Risk Assessment project, OiRA, and the setting up of the OSHwiki.

To honour his life and work, EAOHP launched in 2016 the 'Eusebio Rial-González Innovation & Practice Award in OHP' in collaboration with EU-OSHA. The Award is open to any OHP researcher or practitioner who has produced a body of work that has made a considerable contribution to the field of occupational health psychology.



Eligibility

This biennial Award is open to any OHP researcher or practitioner who has developed a body of innovative research or a product that has made a considerable contribution to the field of occupational health psychology. Candidates may nominate themselves or be nominated by a third party. The candidate will either have contributed to the promotion of OHP through their innovative research or innovative practice. This could mean that their research has contributed to the development of innovative guidelines or the implementation of international, national or organisational OHP programmes that have made a difference in this area through their impact, or that they have played a key role in implementing such programmes. This impact would be documented, for example, by scientific publications, guidelines or products, and testified by colleagues and/or users. Special focus will be placed on innovations in OHP research and/or practice that promote a participatory approach such as social partner involvement and/or workers' participation.

Application

- Full CV
- Cover letter outlining the innovation in OHP research and/or practice achieved and how it fulfils the award criteria
- Supporting evidence of innovation in OHP research and/or practice (e.g. publications, guidelines, testimonials, products)
- 2 references in support of the application evaluating the innovation in OHP research and/or practice

Eligible candidates should submit these documents to contact@eaohp.org³. Please include as subject email the following "Eusebio Rial-González Award".

³<mailto:contact@eaohp.org>

Only applications that include all the requested information will be considered for the award.

The call will close on 10 April 2026.

Decision process

The award committee consists of two members of the EAOHP Executive Committee and two members of EU-OSHA who will review each application. Decision criteria include:

1. Is the work largely the candidate's own?
2. Is the work innovative in terms of OHP research and/or practice?
3. Is the work pioneering in OHP research and/or practice?
4. Does the work promote a participatory approach such as social partner involvement and/or workers' participation?
5. What is the evidence of impact of the work and potential in the future?
6. Quality of supporting documents and references.

[EAOHP Policy Event in Geneva: A Global Commitment to Mental Health at Work](#)



The European Academy of Occupational Health Psychology (EAOHP) recently hosted a landmark two-day policy event, '*Psychosocial Risks and Mental Health at Work in the Future of Work*', at the International Labour Organization (ILO) in Geneva. Coinciding with World Mental Health Day, the event brought together global policymakers, UN leaders, social partners, and academic experts to address the urgent need for evidence-based approaches to psychosocial risk management.

The discussions culminated in the signing of the Geneva Partnership Commitment, establishing a new global network dedicated to advancing policy and practice on mental health at work. This partnership unites the EAOHP with leading international bodies, including the APA-PFAW, the SOHP, and the ICOH-WOPS, to support governments, organisations, and stakeholders through joint research, policy initiatives, and practical tools.

Highlights included high-level UN roundtables, case studies from UN agencies, and comparative insights from countries such as Spain, Colombia, Finland, and France. The event underscored a shared commitment to creating safer, healthier workplaces worldwide.

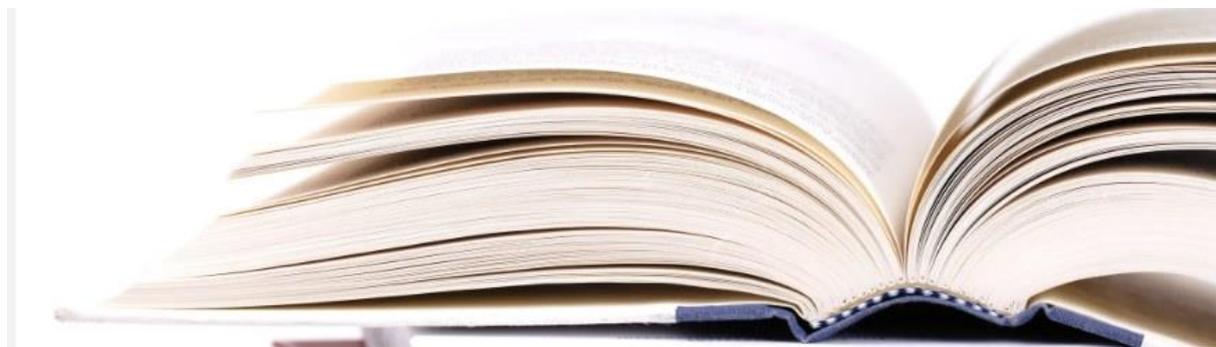
Read the full Geneva Policy Event report [here](#)⁴.



⁴<https://eaohp.org/eaohp-policy-event-in-geneva-concludes-with-global-commitment-on-mental-health-at-work/>



Celebrating the Work and Influence of Professor Karina Nielsen



Announcing the release of Professor Karina Nielsen's book

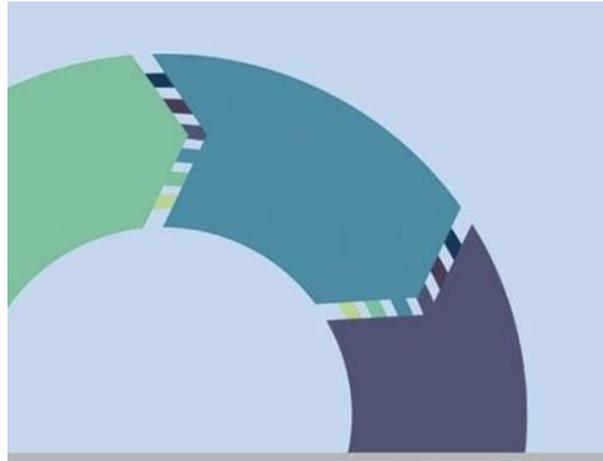
We would like to take a moment to honour the memory of Professor Karina Nielsen and her remarkable contribution to occupational health psychology. At the time of her passing, Karina was co-editing a significant volume that has now been published by Oxford University Press entitled 'Designing, Implementing and Evaluating Sustainable Interventions in Organizations: The How-To of Improving Worker Health and Well-being'.

This book provides a systematic, evidence-based approach to improving working conditions and promoting health and well-being in organisations. Drawing on the Nielsen Intervention Model and IGLOO framework, it offers practical guidance on participatory interventions, data-driven change, and realist evaluation, supported by case studies and tools for implementation.

Karina's work continues to inspire and guide our community, and this volume stands as a testament to her dedication to creating healthier workplaces.

Read more about the book here⁵.

⁵https://academic.oup.com/book/61421?utm_term=CustomerServices&utm_content=brick1%2Blink1&utm_campaign=869ayddc9-869aydkmc-Tg-Gc-Ff-Cl-Ac&utm_medium=email&utm_source=adestra&nbd_source=adestra&nbd=3039722



DESIGNING, IMPLEMENTING, AND EVALUATING SUSTAINABLE INTERVENTIONS IN ORGANIZATIONS

*the how-to of improving worker health
and well-being*

KARINA NIELSEN | GLORIAN SORENSEN
NADIA EL-SALANTI | MICHAEL MUNCH-HANSEN

OCCUPATIONAL HEALTH PSYCHOLOGY
CURRENT DIRECTIONS in WORKER HEALTH, SAFETY, and WELL-BEING



Online Event: Shaping the Future of Organisational Interventions

A special event to celebrate Professor Karina Nielsen's globally recognised and influential work on designing, implementing and evaluating organisational interventions for improving worker health and well-being will be hosted online on the 27th January, 2026 by the Institute of Work Psychology, Sheffield University Management School. The one-hour event will run from 2-3pm GMT, 3-4pm CET, 9-10am EST.

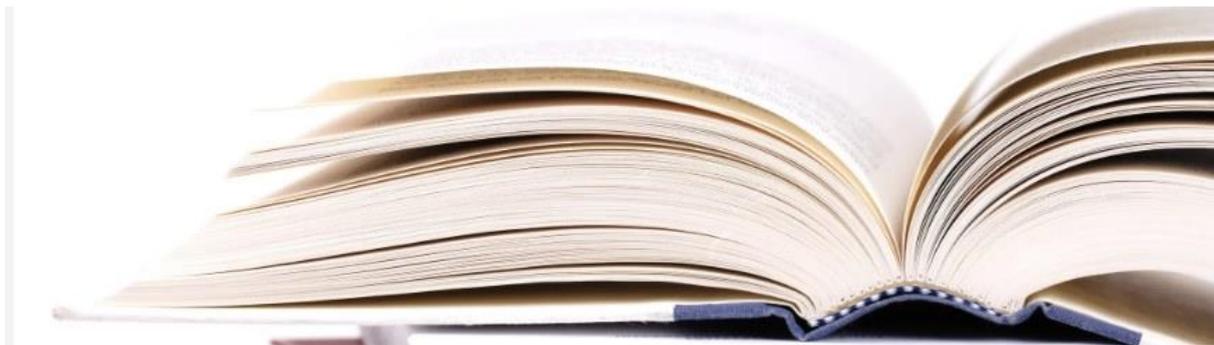
This session will highlight key frameworks and models developed by Karina and showcase how these have been applied in research and practice. We will also reflect on how Karina generously shared her knowledge with others, created links and networks, and mentored junior colleagues.

Speakers:

- Prof. Glorian Sorenson (Harvard T.H. Chan School of Public Health)
- Carla Uriarte Chavarri & Christina Bitar (International Committee of the Red Cross)
- Dr. Cristian Vasquez & Prof. Carolyn Axtell (Institute of Work Psychology, Sheffield University Management School).

To register please click here⁶.

New Book: 'Transformative Work Design: Synthesis and New Directions'



In 'Transformative Work Design: Synthesis and New Directions', the ways in which healthy, meaningful and productive work can be created in the face of major workplace challenges are explored.

Including but going beyond traditional outcomes like performance and well-being, the book explores how we can improve the design of work in the face of hybrid models, shifting careers, technological disruption and an aging workforce.

Featuring insights from 49 global experts across 25 chapters, this book⁷ synthesises cutting-edge research on work design and serves as a comprehensive resource for academics and professionals seeking to improve work in today's complex landscape.

⁶<https://www.eventbrite.com/e/shaping-the-future-of-organisational-interventions-tickets-1973082683420?aff=oddtcreator>

⁷<https://global.oup.com/academic/product/9780197692561>

There will be an upcoming webinar series exploring these insights further. Follow the Centre for Transformative Work Design (CTWD) on LinkedIn⁸ and subscribe to the CTWD mailing list⁹ for updates.



1 - Transformative Work Design: Synthesis and New Directions Book Cover

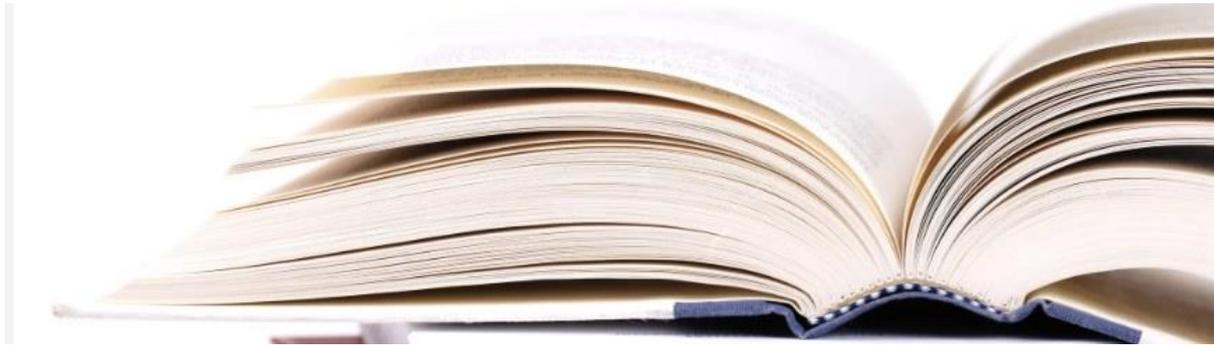


2 - Co-editors: Dr Caroline Knight, Professor Sharon K. Parker, Dr Florian Klonek, Dr Fangfang Zhang

⁸<https://www.linkedin.com/company/wetransformwork/>

⁹<https://confirmsubscription.com/h/y/FDC9377E3B99EFED>

New Book: 'Breaking Point - Job Stress, Occupational Depression, and the Myth of Burnout'

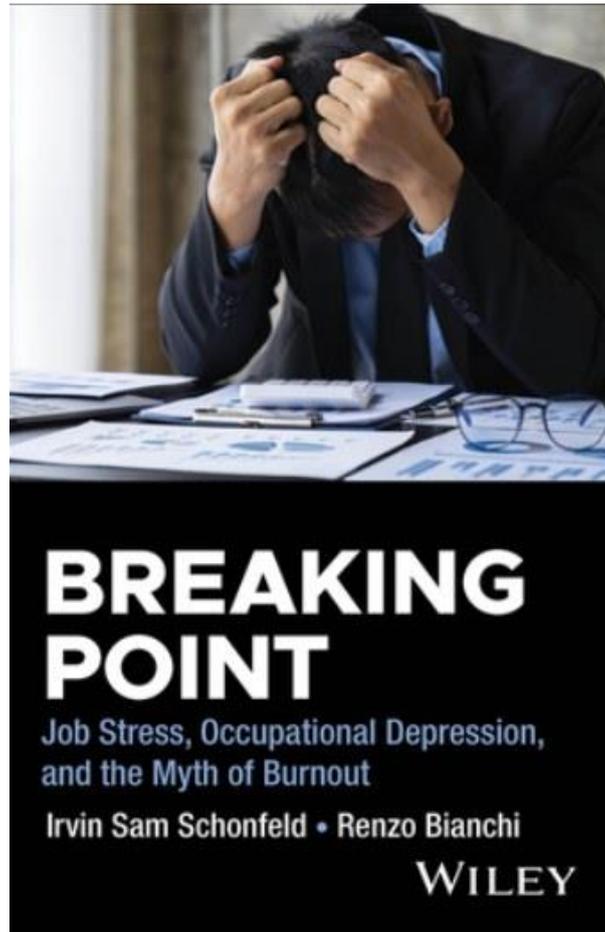


In *Breaking Point*, Schonfeld and Bianchi challenge the widely accepted concept of burnout, arguing that what is often labeled as burnout is, in fact, depressive in nature. Drawing on over a decade of research, the authors explore the connections between work, depression, and burnout, highlighting the risks of misdiagnosis and inadequate treatment when depressive symptoms are overlooked.

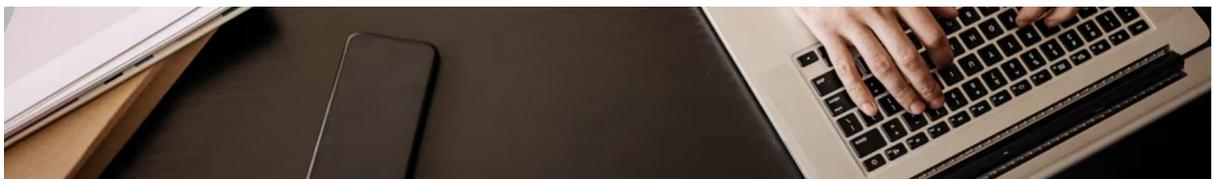
The book provides:

- A historical review of depression and burnout and their link to work
- Evidence supporting occupational depression as a more accurate construct than burnout
- Guidance for addressing stigma and encouraging treatment
- Practical, research-based strategies for occupational health professionals to prevent and manage depression and burnout in the workplace

This timely volume offers a critical perspective for HR specialists, clinicians, and researchers committed to improving mental health at work.



PhD Studentship Opportunity, Queen's University Belfast



Towards a Good Jobs Economy: Job Quality, Wellbeing, and Policy Futures in Ireland and Northern Ireland

Deadline for applications: 20th January, 2026

The 3-year studentship is fully funded, covering all fees and providing a stipend. This PhD will explore job quality and wellbeing across Ireland and Northern Ireland, generating evidence-based policy recommendations to promote good jobs and enhance wellbeing. This PhD project examines how job quality shapes wellbeing across Ireland and Northern Ireland, with an in-depth focus on one sector selected based on findings from an initial cross-border quantitative analysis (early 2026) using the Working in Ireland Survey 2 (WIIS 2; Working in Ireland Survey | UCD Smurfit School).

The research will begin with a sector-specific review of relevant literature and policy frameworks, followed by analysis of a sector-specific sub-sample of the survey data to identify key dimensions of job quality and wellbeing outcomes most relevant to the selected priority sector. Building on these insights, the project will undertake comparative case study research within the chosen sector across both jurisdictions, engaging employers, employees, and policymakers.

The study will generate practical, evidence-based recommendations to inform policies that promote good jobs and enhance wellbeing across the island.

Contact: Dr Juliet Hassard for more information, j.hassard@qub.ac.uk¹⁰

For more information visit the recruitment page [here](#)¹¹.

About Us



The European Academy of Occupational Health Psychology: the European representative body for the discipline. The Academy is a registered charity under English law (registered charity number 1115640) that exists to support research, education, and professional practice across Europe. This is achieved through a biennial conference, academic and practitioner-oriented publications, and the provision of small grants to individuals and groups.

Individuals with an interest in the application of scientific psychological principles and practices to occupational health issues are invited to join the Academy. Membership attracts a host of benefits including a free personal subscription to the Academy's affiliated journal, *Work & Stress*, as well as discounts on attendance at events.

¹⁰<mailto:j.hassard@qub.ac.uk>

¹¹<https://www.qub.ac.uk/courses/postgraduate-research/phd-opportunities/towards-a-good-jobs-economy-job-quality-wellbeing-and-policy-futures-in-ireland-and-northern-ireland.html>

Contribute to the Bulletin!



This is your bulletin! We do our best to cover what interests you, but we need your input. We welcome contributions of all kinds - for instance, news of people in practice, education and/or research, including new professional appointments and contracts, conference announcements, reports of symposia, accounts of work in progress, and letters to the Editor.

We are keen to include content from any contributory discipline, in order that we can encourage discussion and debate around Occupational Health Psychology in its fullest possible sense. You don't have to be an EAOHP member to contribute, nor do you have to be based in Europe; we welcome contributions from all parts of the globe. We will publish any item that is of interest to bulletin readers (who number some 1,000 individuals worldwide).

If English is not your first language, do not let this put you off – if you need it, you will be provided with help to prepare your item.

If you have a contribution for the bulletin then just send it to Juliet Hassard (Editor) using the details below to discuss your ideas.

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