



An ITEA Smart health project

Mad@Work



A combined approach to employee collaboration, engagement and mental health

Project summary

Mad@Work focuses on the detection and mitigation of mental health conditions, such as work stress and burnout. By combining heterogeneous environmental and/or wearable data sources into actionable information, the project aims to help to prevent mental illnesses of employees and thus to reduce the burden of mental illness for businesses and society.

Consortium



Project duration

September 2020 - November 2023

Key results

- Unique long-term dataset collected in real working environment, using unobtrusive sensors
- AI methods to detect stress and stressors from long-term real life data
- Tools to support knowledge workers,
 - as individuals: for awareness, recommendations for instant relief & recommendations for long-lasting stress
 - as teams: for awareness, environmental control and tools for human coaches

Organisational monitoring system

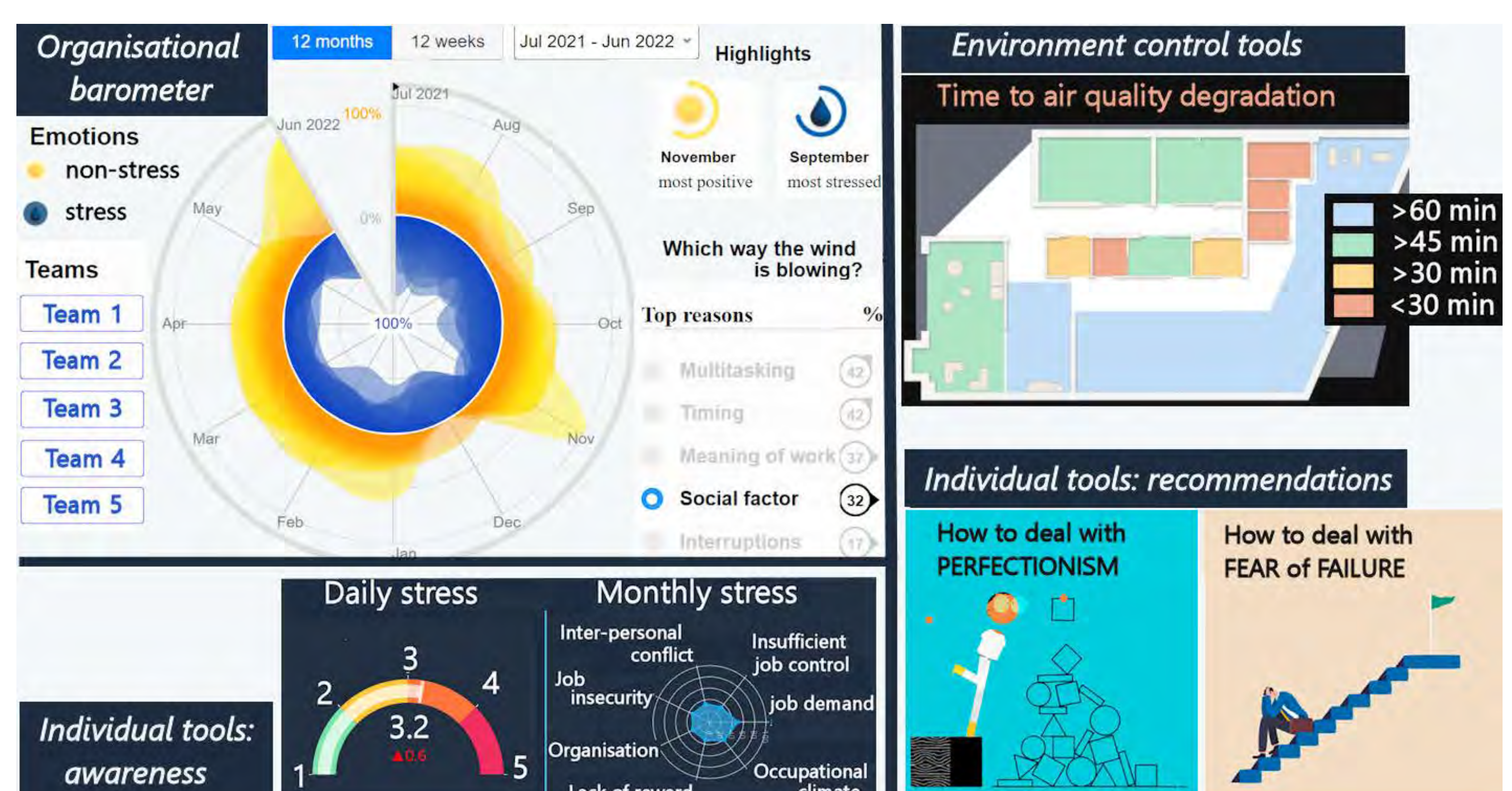


<https://youtu.be/0762e3KhB7Q>

Video-based system



<https://youtu.be/GfGZCudhxM0>



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