



Promoting Positive Mental & Physical Health at Work

PROSPERH is a multi-national, EU-funded research project carrying out research into how workplaces can promote positive mental and physical health. A consortium of 18 partners from 14 countries will develop tools and resources for workplaces that will enhance awareness, promote health, support self-management, and signpost referral pathways.

PROSPERH Intervention & Portal



- Health promotion & prevention
- Self-monitoring & self-management
- Care referral pathways



- Evidence-based (literature, data)



- Individual level
- Peer level
- Organisational level



- Tailored to construction, healthcare, Telework & ICT-based mobile work sectors

Evaluation



- Feasibility Study
- Cluster Randomised Controlled Trial in 11 countries
- Effectiveness and cost effectiveness outcomes



Sustainability



- PROSPERH Portal Sustainability Roadmap
- Policy recommendations
- Robust evidence base



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