



**Fund “Nauka” Project № 21009 Resume – Competitive-based Session 2021:**

**“Multidisciplinary approach for prevention of the health of the employees of MU-Varna in the conditions of the pandemic of COVID-19”**

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The COVID-19 pandemic and the subsequent closure of schools, the implementation of activities entirely in an electronic environment, the restriction of social contacts and the reduction of physical activity have led to a number of problems for those working in the field of education.

The purpose of this interdisciplinary project is:

1. To implement a set of multidisciplinary interventions aimed at health prevention
2. To assess the effectiveness of this multidisciplinary approach to health prevention of employees of MU-Varna in the pandemic of COVID-19 and to offer a common model for health promotion.

The research tasks are:

1. To study the quality of life of the employees of MU-Varna in the conditions of the COVID-19 pandemic;
2. To study certain parameters of mental and physical health before and after the applied interventions;
3. To study the relationship between psychosocial determinants and indicators of physical health of study participants;
4. To evaluate the effectiveness of the applied complex of multidisciplinary interventions for prevention of the health of the employees of MU-Varna;
5. To prepare a model for prevention of the health of the persons in the field of higher education.

The research methods are sociological and statistical. The practical activities are related to:

1. Prevention of musculoskeletal disorders;
2. Prevention of eye and dental health;
3. Group work to reduce stress.

After the planned multidisciplinary interventions, health and quality of life are expected to improve, reduce the negative consequences of the COVID-19 pandemic and increase the work efficiency of the employees of MU-Varna.