



Fund “Nauka” Project № 22012 Resume – Competition-Based Session 2022:

“Assessment of the psychophysiological risk at work in small and midsize businesses in the post-Covid-19 context”

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Goal: To assess and manage the risk for health and work ability of the administrative and production staff of small and midsize businesses, in the context of emerging psychophysiological risk factors after Covid-19.

Research tasks:

1. To study the dynamics in the work ability curve within the working day and working week;
2. To assess the degree of anxiety and depression, and measure stress biomarkers;
3. To create physiological regimens of work and rest;
4. To establish an intervention programme for improving mental performance (group and individual interventions);
5. Efficiency analysis of the preventive measures that were taken.

Applied methods:

1. Documentary: analysis of scientific literature;
2. Sociological: a survey of 200 individuals;
3. Quantitative methods for:
 - 3.1. Assessment of work ability through:
 - ❖ A questionnaire to define WAI;
 - ❖ Tremormetry;
 - ❖ Correction test;
 - 3.2. Psychological assessment of the degree of work-related anxiety and depression through standardised methods:
 - ❖ the Zung scale;
 - ❖ the HADS tool;
 - 3.3. Laboratory testing of stress by examining the levels and dynamics in the concentration of salivary cortisol and alpha-amylase;
4. Statistical;

Expected results:

1. Gathering medical evidence for the effectiveness of psychosocial, psychophysiological, organisational ergonomics indicators for a risk assessment of health and work ability in small and midsize business;
2. Design a model for an individualised intervention programme for workplace distress management and prevention of anxiety and depression among workers;
3. The psychological interventions will provide psychological support to the participants, reduce the level of anxiety and distress and respectively improve their mental and somatic health, and increase their resilience to psychosocial risk factors.