iFeelStress

Early stress reduction

10

What challenge or problem are you addressing? What is the need for the project?

- Stress is the main reason for work absence and mental health issues.
- Employers have the responsibility to take measures and control stress risks.
- The cost of absence and mental health services are increasing; there is a need for new solutions
- The iFeelStress project can help employers/employees actively and easily to early detect stress and act on this signal before dropping out the working process.

Objective of the project:

- Determine significant deviations pattern for individual communication that signal stress, and propose appropriate self-support actions. Translate the deviation pattern into a passive detection app based on the current iFeel solution for Depression.
- The impact should be a much lower drop-out for employees from the working process by early detection of stress, and offering tools to recover before it's too late.

Why do you need transnational cooperation?

- Stress is an international issue and people from different backgrounds work in Europe. Cultures have different communication styles and stress detection should work in these different contexts.
- Being able to develop and test a solution for North-West Europe.

What kind or partners are you looking for?

SMEs, Implementation Support, R&D, universities, eHealth portal, businesses in absence control sector, organisation with high stress and drop-out risks.

Your contact details

Name	Hobbe Jan Hiemstra
Organisation	E-Mence / Stichting Arq
Region	North-West Europe – Amsterdam regio
Country	Netherlands
Telephone number	+31 6 30 10 53 56
Email	h.hiemstra@arq.org
Website	www.e-mence.org