

PSYHEALTH WORXS!

Psychosocial Health Prevention and
Work standards



Why PsyHealth worXs!

Up to 50% of employees in the EU report to suffer from work-related stress. And about 80% of managers are concerned about psychosocial risks in their organisations. Moreover, it is actually mandated by European law for employers to ensure the safety and health of their employees. However, only 30% of organisations have procedures in place to deal with psychosocial risks.

In PsyHealth worXs! you will learn how to conduct a psychosocial risk assessment, so you can help change these numbers! We will guide you through the 7 steps of psychosocial risk assessment, present the latest research findings, share insights and tips from practitioners, and skills to adapt the lessons learned to your specific context. Join us in making the workplace a more productive, healthier, and better place.

About PsyHealth worXs!

Manage psychosocial risks and create healthy workplaces for happy employees.

PsyHealth worXs! is a project funded by EIT Health and carried out by the RWTH Aachen University in cooperation with the Universities of Maastricht and Lisbon.

The aim of PsyHealth worXs! project was the development of a digital learning application that is easily accessible, user-friendly and practical oriented based on scientific knowledge. Our goal is to teach all relevant stakeholders how to conduct psychosocial risk assessment.



What You Get

The course starts on 27 October 2025.

Over a six-weeks period, we will use practical and application-oriented examples to teach the process of risk assessment of mental demands.

- What is work-related stress?
- Why is psychosocial risk assessment needed?
- Scientific foundations and legal obligations
- Obstacles to psychosocial risk assessment
- Step-by-step guidance through the process cycle
- Insights from practitioners



EFFORT

Follow in your own pace by spending 2-3 hours/week.



SERIOUS GAME

Transfer your knowledge into skills by testing it in a virtual environment.



REFLECTION

Reflect on the obtained knowledge and your past experiences.



COSTS

Participate for free.



CERTIFICATE

Obtain a certificate and prove your skills for 101€.



LANGUAGES

English with subtitles in:
Dutch, English, French, German,
Luxembourgish, Portuguese,
Romanian, Slovenian, Spanish, and
Swedish.

The Journey



Who Should Apply

To qualify for PsyHealth worXs! you must:



Be responsible or involved in the occupational safety and health policies of your organisation.



Start from the beginning: there are no prerequisites.



You can be a manager or supervisor, occupational health physician, HR manager, occupational health manager, safety and health specialist... or any stakeholder of occupational health concerns.

Financial obligations

The MOOC is freely available at no costs .

On edX, we are offering a verified user track, which contains two assignments for obtaining a certificate for 101€.

Meet Our Partners

Partners of our project team are leading experts who have contributed to the design of our training programme.

Germany



University Hospital
Aachen

Netherlands



Maastricht
University

Portugal



Faculty of Human
Kinetics

Luxembourg



University of
Luxembourg

Slovenia



University Medical
Centre Ljubljana

Romania



Atelierul de Idei

Sweden



KTH Royal Institute
of Technology

Sweden



University of
Gothenburg

Spain



Institut Català de la
Salut - Hospital
Universitario Valle de
Hebrón

Spain



Hospital Clínic de
Barcelona

Spain



DKV Salud

About EIT Health

Our vast community, including approximately 150 world-class partner organisations, works across borders to bring together the three worlds of business, research and education. Backed by the European Union, EIT Health brings together the brightest minds from the worlds of business, research, education and healthcare delivery to answer the biggest health challenges Europe faces.

Learn more at <http://eithealth.eu>



Co-funded by the
European Union



More information



REGISTER

Register via edX
<https://www.edx.org/learn/medicine/rwth-aachen-university-psyhealth-worxs-psychosocial-health-prevention-and-work-standards>



WRITE AN EMAIL

Get in touch with us via
psyhealthworxs@ukaachen.de



VIEW OUR TRAILER

View it on YouTube
<https://youtu.be/UEMgzam2FGY>



READ OUR PAPER

DOI: 10.3233/WOR-211264



PSYHEALTH WORXS!

Apply by 03 November 2025

<https://eithealth.eu/programmes/psyhealth-worxs/>

