



## **Stress & Well-Being at Work: Assessments & Interventions for Occupational Mental Health**

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# Stress & Well-Being at Work: Assessments & Interventions for Occupational Mental Health

## Stress & Well-Being at Work: Assessments & Interventions for Occupational Mental Health

This synthesis of empirical research efforts, idiographic inquiries and conceptual reviews brings epidemiological and public health concepts of prevention into the arena of occupational mental health. It is intended as a resource book for those interested in work design and mental health.

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