

## **WORK2015 – Health and wellbeing at work**

### **Chair:**

Jyrki Liesivuori, University of Turku, FI

*Work as such has in most cases a positive impact on everybody's health and well-being. However, traditional work hazards like noise, chemicals, microbes and vibration still concern large numbers of workers. Many occupations also carry heavy physical or mental work loads. At the same time most work tasks are demanding more and more cognitive skills setting our brains act at full speed. Wellbeing in modern work can be developed and maintained with social capital and justice to all workers.*

### **Wednesday, 19 August at 8.30-9.30 - Session 1**

7.01

Examination of how work engagement mediates the curvilinear relationship between managerial coaching, leader-member exchange and performance  
Jussi Tanskanen, Finland

7.02

The role of the shift rotation on the employee's wellbeing and health in paper industry- Case UPM Rauma  
Satu Koivisto, Finland

### **Wednesday, 19 August at 11.30-13.00 - Session 2**

7.03

Can advanced workplace practices moderate the devastating effects of job insecurity?  
Antti Saloniemi, Finland

7.04

All work and no play... Do digital games have a positive impact on well-being at work?  
Jukka Vahlo, Finland

7.05

Positive stress at work – exploring entrepreneurs' experiences  
Päivi Heikkilä, Finland

7.06

Enhancing organizational resilience through focusing on employee wellbeing  
Sanna Malinen, New Zealand

### **Wednesday, 19 August, at 15.30-17.30 - Session 3**

7.07

How to develop a high level of occupational well-being among Finnish child welfare social workers: Findings from the 10-Town study  
Andreas Baldschun, Finland

7.08

Wellbeing in a changing work environment  
Eva Österbacka, Finland

7.09

The elements of well-being at work among farmers in Finland

Marja Kallioniemi, Finland

7.10

Underpaid But Secure: When Pay Inequity Hurts Less  
Atsushi Narisada, Canada

**Thursday, 20 August, at 8.30-10.00 - Session 4**

7.11

Promotion of Ergonomic working methods in elderly care  
Kristiina Hellstén, Finland

7.12

Working ability of the public sector employees close to their retirement age  
Pauli Forma, Finland

7.13

Well-being at work and business practice: cross-cultural questionnaire adaptation  
Ines Monteiro, Brazil

**Thursday, 20 August at 10.30-12.00 - Session 5**

7.14

Managerial resilience: An individual and organizational resource  
Hope Witmer, Sweden

7.15

Experiences of a wellbeing promoting mindfulness training program among  
employees of a Finnish Forest Industry Company  
Kirsi Heikkilä-Tammi, Finland

7.16

Clustering daily habits of working days - A RCT study with Polar Active  
Yuling Xiao, Finland

**Thursday, 20 August at 15.30-17.30 - Session 6**

7.17

Denmark, Durkheim, and Decentralisation: A Sociological Explanation of  
Psychological Well-being  
John-Paul Byrne, Ireland

7.18

Consequences of Young Scientists' Work-Related Stress - Testing the ERI Model  
among the Academic Profession in Germany  
Isabelle Dorenkamp, Germany

7.19

Memory consolidation is enhanced by presenting sounds during sleep  
Minna Huutilainen, Finland

7.20

Reciprocal associations between stressful work characteristics and sleep problems  
– evidence from a prospective population-based study  
Maria Törnroos, Finland

**Friday, 21 August at 8.30-10.00 - Session 7**

7.21

Depression and work: the impact of taking antidepressants

Susan Kirkpatrick, UK

7.22

Enhancing wellbeing at work through information ergonomics

Laura Bordi, Finland

7.23

Assesment of mandatory health examinations for employees in Latvia

Maija Eglite, Latvia

7.24

Bullying in Finnish maritime industry

Tiina Kirvesniemi, Finland