

# PARTICIPATORY INTERVENTION STRATEGY TO REDUCE PSYCHOSOCIAL RISKS AT THE WORK PLACE

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REVISTA DE SALUD PUBLICA-CORDOBA

Volume: 24

Issue: 3

Pages: 61-73

DOI: 10.31052/1853.1180.v24.n3.28109

Published: NOV 2020

Document Type: Article

## Abstract

A study regarding psychosocial risks at work has shown their negative impact on work health; and different intervention strategies have been developed to reduce them, among which participatory intervention prevails. However, very few experiences about implementing these strategies have been described. In view of the above, the purpose of this study is to describe a participatory intervention strategy to reduce psychosocial risks at work, implemented at two municipal schools in Cerro Navia, Santiago de Chile, facing the lack of publications specifying context, phases, stages and techniques used. In the reported experience, workers' commitment excels; this could have been motivated by the previous phase of socialization and awareness. However, in the intervention phase, participation was dissimilar; differences were also observed in the quantity and quality of the measures specified at each school's definite Action Plan. These differences could be explained by variables such as commitment in the strategy direction although they can also be related to the number of employees in each organization.

## Keywords

**Author Keywords:** [Health at work](#); [Work-related stress](#); [Psychosocial risk factors](#); [Participatory intervention](#)

**KeyWords Plus:** [MENTAL-HEALTH](#); [WORKPLACE](#); [ENVIRONMENT](#)

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### **Publisher**

UNIV NAC CORDOBA, ESCUELA SALUD PUBLICA, ENRIQUE BARROSESQQ ENFERMERA  
GORDILLO GOMEZ, CIUDAD UNIV, CORDOBA, 5000, ARGENTINA

### **Categories / Classification**

**Research Areas:**Public, Environmental & Occupational Health

**Web of Science Categories:**Public, Environmental & Occupational Health

### **Document Information**

**Language:**Spanish

**Accession Number:** WOS:000585227100007

**ISSN:** 1853-1180

**eISSN:** 1852-9429