

## REVIEW OF THE WORK STRESS INTERVENTIONS

Aim	Identification	Primary intervention	Secondary intervention
Organisation	Work stress audit	Improvement of the work content and environment; Working schedules; Improvement of management; Career management; Organisational programmes of health development and improvement.	Primary socialisation; Management of the decision making and conflicts' management; Organisational development.
Individual/ organisation	Individual survey	Support groups among colleagues; Support and counselling; Career planning.	Specialised consulting.
Individual	Self-observation	Cognitive behaviour methods; Relaxation.	