

Ψυχοκοινωνικοί κίνδυνοι στην εργασία



ΣΕΙΡΑ: ΤΕΚΜΗΡΙΩΣΗ ΥΑΕ 36

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Το θεματικό βιβλιογραφικό δελτίο περιλαμβάνει μονογραφίες και άρθρα που αφορούν στους **Ψυχοκοινωνικούς Κινδύνους στην Εργασία** και αποτελούν μέρος της συλλογής της Βιβλιοθήκης του ΕΛ.ΙΝ.Υ.Α.Ε, καθώς και χρήσιμες διασυνδέσεις. Αρκετές αναφορές είναι σε ηλεκτρονική μορφή και μπορεί ο ενδιαφερόμενος να έχει άμεση πρόσβαση στο ντοκουμέντο.

Το δελτίο υπάρχει στον ιστότοπο του ΕΛ.ΙΝ.Υ.Α.Ε <http://www.elinyae.gr/>

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Η αναδιάρθρωση «Καλλικράτης»: κίνδυνοι για την υγεία και την ασφάλεια των εργαζομένων και κατευθύνσεις για την πρόληψή τους/ Θ. Κουκουλάκη, ...[κ.ά.]- Αθήνα: ΕΛ.ΙΝ.Υ.Α.Ε., 2012.- 20 σ.
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Πρόληψη των ψυχοκοινωνικών κινδύνων και του εργασιακού άγχους στην πράξη/ Ευρωπαϊκός Οργανισμός για την Ασφάλεια και την Υγεία στην Εργασία.- Λουξεμβούργο : Υπηρεσία Επισήμων Εκδόσεων των Ευρωπαϊκών Κοινοτήτων, 2003.- 79σ. ISBN 92-9191-029-5

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Ψυχοκοινωνικοί παράγοντες. Γενικό ερωτηματολόγιο για ψυχοκοινωνικούς παράγοντες στην εργασία/ ΕΛΙΝΥΑΕ, Υγιεινή & Ασφάλεια της Εργασίας (Πυξίδα), 2013, 54, 23-24 https://www.elinyae.gr/sites/default/files/2019-07/teuxos_54_Opt.1382093503906.pdf

ΧΡΗΣΙΜΕΣ ΔΙΑΣΥΝΔΕΣΕΙΣ

(Πρόσβαση, 18/03/2026)

European Agency for Safety and Health at Work (EU OSHA)

Έρευνα για τους ψυχοκοινωνικούς κινδύνους και την ψυχική υγεία

<https://osha.europa.eu/el/themes/psychosocial-risks-and-mental-health/research>

Psychosocial risks and stress at work

<https://osha.europa.eu/en/themes/psychosocial-risks-and-stress>

NAPO

[https://www.napofilm.net/el/napos-](https://www.napofilm.net/el/napos-films/films?f%5B0%5D=field_combined_tags%3A2811&view_mode=page_grid&page=2)

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Increasing workers wellbeing through management of psychosocial risks at work and workplace health promotion

<https://rm.coe.int/increasing-workers-wellbeing-through-management-of-psychosocial-risks-/168075fe14>

E-guide to managing stress and psychosocial risks

<https://osha.europa.eu/en/tools-and-resources/e-guides/e-guide-managing-stress-and-psychosocial-risks>

Stress and mental health at work

https://osha.europa.eu/sites/default/files/documents/OSH-pulse-2025-mental-health_infographic_EN.pdf

Managing stress and psychosocial risks E-guide

https://osha.europa.eu/sites/default/files/Eguide_stress_ENGLISH.pdf

OSHWIKI

Management of psychosocial risks in European workplaces - evidence from the second European survey of enterprises on new and emerging risks (ESENER-2)

[https://oshwiki.eu/wiki/Management_of_psychosocial_risks_in_European_workplaces_-_evidence_from_the_second_European_survey_of_enterprises_on_new_and_emerging_risks_\(ESENER-2\)](https://oshwiki.eu/wiki/Management_of_psychosocial_risks_in_European_workplaces_-_evidence_from_the_second_European_survey_of_enterprises_on_new_and_emerging_risks_(ESENER-2))

European Foundation for the Improvement of Living and Working Conditions (EUROFOUND)

Psychosocial risks <https://www.eurofound.europa.eu/topic/psychosocial-risks>

Rise in psychosocial risk factors at the workplace

<https://www.eurofound.europa.eu/en/publications/all/rise-psychosocial-risk-factors-workplace>

Health and Safety Executive (HSE)

What are psychosocial risk factors?

<https://www.hse.gov.uk/msd/mac/psychosocial.htm>

European Trade Union Confederation (ETUC)

An ETUC resolution on actions for combatting stress and eliminating psychosocial risks in the workplace: putting an EU Directive on the agenda

<https://www.etuc.org/en/document/etuc-resolution-actions-combatting-stress-and-eliminating-psychosocial-risks-workplace>

International Labour Organization (ILO)

Psychosocial risks and work-related stress

https://www.ilo.org/global/topics/safety-and-health-at-work/areasofwork/workplace-health-promotion-and-well-being/WCMS_108557/lang--en/index.htm

Australian Government

Psychosocial hazards

<https://www.comcare.gov.au/safe-healthy-work/prevent-harm/psychosocial-hazards>

Canadian Centre for Occupational Health and Safety (CCOHS)

Mental health – psychosocial risk factors in the workplace

https://www.ccohs.ca/oshanswers/psychosocial/mentalhealth_risk.html

World Health Organization (WHO)

Mental health at work

<https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work>

Psycho-social risks and mental health

<https://www.who.int/tools/occupational-hazards-in-health-sector/psycho-social-risks-mental-health>

Centers for Disease Control and Prevention (CDC), NIOSH

Psychosocial Hazards

<https://www.cdc.gov/niosh/learning/safetyculturehc/module-2/8.html>

An Urgent Call to Address Work-related Psychosocial Hazards and Improve Worker Well-being

<https://www.cdc.gov/niosh/bulletin/2024/workplace-psychosocial-hazards.html>