Research Question: ‘What interventions have been shown to be effective in supporting mental well-being in the workplace?’

The list below contains references to relevant articles found to help address the above question. It is divided in to ‘Greens’ – Relevant Articles sifted in, and ‘Ambers’ – those potentially relevant. Should you be interested in accessing any of the items listed below and have difficulty locating, please contact the National Police Library via email to ‘college Library@college.pnn.police.uk’ or telephone: 01256 602650

Greens (66)


Rochelle L. Adams,. Examining the effects of Mindfulness-Based Stress Reduction (MBSR) training on working adults ()


Carlos M. Puertas,. The effects of mobile technology on work-life outcomes ().

Referenced documents sourced from searches carried out in October 2013 using Proquest database. For any queries please contact the College Library staff on 01256 602650.


Serdar Yildiz,. *Determinants of the well-being of police officers in the Turkish National Police* ()


Maija Liisa Nakari,. *Work Climate, Employees’ Well-Being and the Possibility of Change* ()


Anthony D. LaMontagne et al. *Job stress as a preventable upstream determinant of common mental disorders: a review for practitioners and policy-makers*, 9 AUSTRALIAN E-JOURNAL FOR THE ADVANCEMENT OF MENTAL HEALTH.017, 017-035 (2010).


Referenced documents sourced from searches carried out in October 2013 using Proquest database. For any queries please contact the College Library staff on 01256 602650.
Justin P. Boren,. The impact of an enacted social support training intervention on worklife interaction, stress, and burnout in working adults ().


Ralph Kattenbach et al. Flexible working times: effects on employees' exhaustion, work-nonwork conflict and job performance, 15 CAREER DEVELOPMENT INTERNATIONAL.279, 279-295 (2010).


Jesmin Antony,. Psychological debriefing of workplace trauma: a case study of the Toronto Transit Commission (TTC) [thesis] ().

Gregory A. Aarons et al. Evidence-based practice implementation and staff emotional exhaustion in children’s services, 47 BEHAVIOUR RESEARCH AND THERAPY.954, 954 (2009).


Tracey Varker & Grant J. Devilly,. An analogue trial of inoculation/resilience training for emergency services personnel: Proof of concept, 26 JOURNAL OF ANXIETY DISORDERS.696, 696-701 (2012).


Andrew Noblet,. Building health promoting work settings: identifying the relationship between work characteristics and occupational stress in Australia, 18 HEALTH PROMOTION INTERNATIONAL.351, 351-359 (2003).


Anonymous. Organizational Issues. 428. (GENERIC)

Sylvie Guerrero & Olivier Herrbach,. The affective underpinnings of psychological contract fulfilment, 23 JOURNAL OF MANAGERIAL PSYCHOLOGY.4, 4-17 (2008).

Ambers (20)


Soo Jung Jang,. Relationships among perceived work-life balance, resources, and the well-being of working parents ().


Pamela D. Anthony,. *Working Beyond 9 to 5: The Impact of a University-wide Alternative Work Arrangements Policy on Student Affairs Employees* ().

Rachel Westerfield,. The role of organizational identification in work-life balance program effectiveness ().


Lisa M. Russell,. High risk occupations: Employee stress and behavior under crisis ().


