



NEVERMIND

Newsletter

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Issue 2

Mental health at workplace

The economic burden of depression is vast, with the cost in Europe alone amounting to Euro 92 billion per year (Lundbeck). According to a report by King's College London and the London School of Economics and Political Science, mental disorder is responsible for the largest economic burden of diseases, mostly through absenteeism and lost productivity, where 20-55% of employees diagnosed with depression in Europe take time off work due to the illness. Moreover, a study conducted by CIPD showed that 31% of employees in 2016 have experienced mental health problem while in employment and that the causes of mental health problems is attributed by the combination of problems at work and in personal life. Mental health

problems affect performance through various ways include: lack of concentration, difficulty of making decision, reliance of other team members, difficult to multi-task and poor customer service.

When examining the incidence of depression across industries (55 industries), a study has found that the rate of depression for employees in public transit is among the highest at 16.2%, followed by real estate, social work and manufacturing sectors (Wulsin L et al, 2014). Therefore, these studies have demonstrated the importance of creating a positive, safe and healthy work environment as a better work environment equates to increase productivity and performance for the entire organization as well as the economy as a whole. Good news is that most employees find that their organization supports staff with mental health problems very or fairly well (CIPD).



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Recent activities from the NEVERMIND Team!

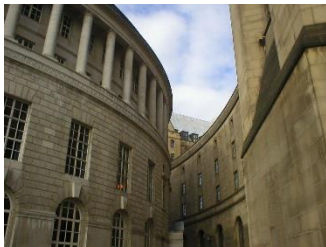


Dr. Rita Paradiso, the CEO of Smartex and partner of the NEVERMIND project, has delivered a training course on Textile Sensing Platforms at the Connected Health Summer School in Artimino Firenze Italy in June 2016. The students were exposed to the types of textile electrodes and biomechanical sensors as well as elasticity and conductivity of textile necessary to create a Smart wearable.

Dr. Gaetano Valenza presented the work on time-varying nonlinear models of Human heartbeat dynamics at the Engineering in Medicine and Biology in Toronto Canada. He described a novel mathematical framework using acquired ECG data from patients demonstrated its reliability for use in hospital settings to help predicting the prognosis of the patients.

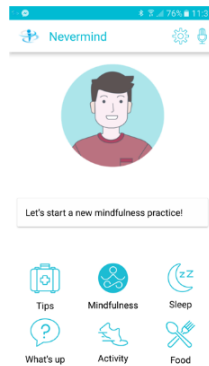
Updates on the NEVERMIND project!

The third NEVERMIND consortium meeting was held in January 2017 at Manchester, United Kingdom.



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Dr. Valdimir Carli presented *E-tools for mental health promotion and prevention of self-harm behavior: risks and opportunities* at the 16th European Symposium on Suicide and Suicidal Behavior in Spain on September 2016.

Publication highlight:

Dr. Gatano Valenza et al has published findings regarding predicting mood changes in bipolar disorder through Heartbeat Nonlinear Dynamics in IEEE Journal of Biomedical and Health informatics (April 2016).

About NEVERMIND project

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