



The PROSPERH (Promoting Positive Mental and Physical Health at Work in a Changing Environment: A Multi-level Approach) project is stepping in to tackle this issue head-on.

By collecting robust data and evidence on the factors affecting health in the modern workplace, PROSPERH aims to design and test a comprehensive intervention that supports workers at every level.



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1. Describe your project through key words/key phrases that identify it.

Workplaces in Ireland and across Europe are evolving rapidly under the combined pressures of digital transformation, the push for greener economies, the lasting effects of the COVID-19 pandemic and war and conflict. These shifts have profoundly impacted the mental and physical health of workers, creating new challenges—and opportunities—for promoting wellbeing at work.

The PROSPERH project is stepping in to tackle this issue head-on. Delivered through an innovative digital platform—the PROSPERH Portal and App—the intervention will address three key areas: organisational practices, peer support, and individual wellbeing. It will combine health promotion strategies, tools for self-monitoring and management, and clear pathways for clinical care or coaching when needed. Recognising that different industries face unique challenges, the project will tailor its approach to three sectors experiencing significant change: construction, healthcare and telework and ICT-based mobile work. By doing so, PROSPERH seeks to empower workers and employers alike to build healthier, more resilient workplaces for the future.

2. In terms of impact, what will be the most tangible your project will achieve?

PROSPERH will provide robust and comprehensive evidence on the impact of changing workplaces on physical and mental health to key stakeholders, including public authorities, regulators, employers, organisations, and social partners. Public authorities, employers, organisations, and social partners will gain access to a proven, evidence-based intervention

promote mental and physical well-being in the workplace, supporting and protecting workers. Knowledge will also be translated into evidence-based guidance to aid in the design of occupational health and safety policies across different countries and cultures.

Through expanded evidence base and the delivery of proven digital interventions, PROSPERH will help workplaces become health-promoting environments. Policymakers will benefit from the best available knowledge to support interventions and other solutions to create and maintain healthier work environments, to promote healthier behaviours and to deal with mental and physical health issues in the workplace.

3. Please describe your project's overall impact, if applicable, at the European level.

The workplace has the potential to be more than just a place of employment—it can become a powerful setting for promoting mental and physical health and strengthen people's resilience. But to make this vision a reality, we need robust, comprehensive data, that not only deepens our understanding of the factors shaping worker wellbeing, but also informs practical, evidence-based policies and interventions. By gathering timely data and analysing high-quality existing datasets, PROSPERH is building a solid evidence base on what truly influences health in the modern workplace. This knowledge will drive the development of the PROSPERH intervention—the multi-level approach targeting organisations, peer networks, and individual workers.

Delivered through the PROSPERH Portal and App, the intervention will integrate health promotion activities, self-monitoring and management tools, and clear referral pathways for clinical care or

coaching. Importantly, the project focuses on three sectors undergoing rapid change— construction, healthcare and telework and ICT-based mobile work —ensuring solutions are tailored to the real challenges these industries face. The intervention will be rigorously tested in 10 European countries and Australia through a cluster-randomised controlled trial to assess its effectiveness and cost-benefits. Beyond that, PROSPERH will deliver lasting resources: open-access publications, FAIR datasets, evidence-based guidelines, and a roadmap to make the PROSPERH Portal sustainable and accessible. By translating research into actionable tools and policies, PROSPERH is set to help workplaces across Europe and beyond become healthier, more supportive environments for everyone.

4. As an applicant, what advice would you have wanted in the Horizon project design process? What support did you receive from National Contact point (NCP) and your organisation, and what improvement of support would you benefit from?

National Contact Points (NCPs) play a vital role in helping organisations navigate the complexities of Horizon Europe. In Ireland, the Health NCPs, hosted by the Health Research Board (HRB) and Enterprise Ireland (EI), offer a well-rounded support system that combines scientific and administrative guidance.

These services are designed to help applicants at every stage of the process—from early planning to final proposal submission. Support includes funding to help proposal-building, coordination and support, reviewing drafts, offering constructive feedback, and sharing insights to strengthen applications—a valuable resource, especially for less experienced teams.

For the PROSPERH project, the team worked directly with Pintail Limited (Ireland), a partner with deep expertise in Horizon Europe applications. Pintail's involvement extended from proposal preparation to managing key roles in project administration, dissemination, and strategic planning—highlighting the importance of experienced partners in securing and delivering complex projects.

Looking ahead, further strengthening NCP services could enhance the quality and success rate of Horizon Europe applications. Tailored advisory support for organisations based on experience level, practical resources like templates and case studies, and targeted workshops or webinars would all help applicants craft stronger, more competitive proposals.

With the right mix of expert guidance and hands-on support, projects like PROSPERH show how effective collaboration can maximise impact—not just during proposal development, but throughout the life of the project.

5. Please highlight aspects of your Horizon project's strengths that you consider important and that may constitute good practice for other applicants.

PROSPERH demonstrates several key strengths that other applicants can learn from. A major asset is its strategic use of existing knowledge and data. By drawing on high-quality datasets and building on previous EU-funded and national initiatives, PROSPERH ensures efficiency and avoids duplicating effort—a smart approach that strengthens the project's foundation.

The project's multi-level intervention design is another highlight. By addressing organisational, peer, and individual factors, and tailoring the intervention for sectors like telework, healthcare, and construction, PROSPERH reflects a thoughtful, adaptable model fit for Europe's diverse work environments.

PROSPERH's consortium members represent all relevant disciplines, including occupational health, ergonomics, mental health, health economics, policy development, implementation science, environmental science, humanities, digital technology and extensive expertise in implementing interventions in the TICTM, healthcare and construction sectors, with ongoing input from advocacy representatives.

Crucially, PROSPERH integrates robust scientific validation through a large cluster-randomised controlled trial across 10 European countries and Australia. This strong evaluation framework ensures the results are both credible and scalable—key qualities that reviewers look for in Horizon Europe proposals.

Equally important is PROSPERH's commitment to open science and sustainability. By delivering open-access publications, FAIR datasets, and evidence-based guidelines, the project ensures its impact extends beyond its lifespan. A detailed roadmap to keep the PROSPERH Portal freely available further underlines this focus on long-term benefits.

Finally, PROSPERH strengthens its relevance by translating evidence directly into policy guidance and practical tools for stakeholders, supporting workplace health promotion where it matters most.

Together, these elements make PROSPERH a standout example of Horizon Europe best practice—offering a valuable blueprint for future projects seeking to maximise impact, policy relevance, and sustainability.

