



Are Digital Return-To-Work Interventions Effective for Anxiety and Depression?

A potential evolution to digital interventions may be effective, cost-effective, and preferred by patients. Digital solutions that ensure access and patient-centered support through the return-to-work process were viewed favorably by the participants. This study is part of a larger study in the southern region of Sweden aimed at developing and analyzing the effectiveness of a digital return to work intervention for persons with common mental disorders such as anxiety and depression.

Study Finds Quick Uptake and Effectiveness of a Symptom Monitoring Pilot to Address Presenteeism in Healthcare Workers

What does a robust symptom monitoring system look like, and should it include more than just COVID-19? A UCLA hospital developed a COVID-19 symptom monitoring tool for their healthcare workers and provided individualized guidance and linkage to testing and resources as needed. It was rapidly implemented with quick adaptation and expansion for identifying and addressing presenteeism during the pandemic which can be used as a model for other institutions and future pandemics.

The Relationship Between Internet Addiction, Mental Health, and COVID-19

Higher internet usage could lead to increased feelings of anxiety, depression, and even insomnia, exacerbating already high levels of deteriorating mental health due

to COVID-19. Many studies have documented deteriorating mental health as a result of the pandemic. In an attempt to reduce stress, people have turned to the internet for relief. Unfortunately, this may not be a helpful activity for relieving stress and anxiety.

+Stay Tuned: IBI's analysis on the [impact of COVID-19 on employee mental health](#) is set to be published this month!

The Combination of Impulsive Noise and Continuous Noise Creates Risk for Noise-Induced Hearing Loss

All noise is not equal when evaluating employee health and safety. Different industries result in different types of noise. For instance, manufacturing may have a more consistent noise level with sporadic spikes while construction may be more intermittently loud due to hammering, nail guns, and heavy machinery moving in and out. This study shows the adverse effect on hearing based on different noise level types and duration.

Literature Review Evaluates Organizational Readiness for Change in the Implementation of Digital Interventions for Chronic Disease Management

Organizational Readiness for Change (ORC) is key to organizations' ability to successfully adopt, implement and sustain innovative technology solutions such as telehealth and mHealth interventions. An evaluation of the external and internal facilitators and barriers of ORC enables healthcare organizations to plan ahead, mitigate risks, and achieve successful implementation.



Upcoming Events

POSTPONED: [IBI/Conference Board Health and Productivity Forum \(Chicago\); new dates set for September 28-29, 2022](#)
