

NOWWHS: Northwestern Ontario Worker and Workplace Health Study

We want to hear about your experience of mental & physical health in the workplace.

Why a Cohort Study?

Cohort studies are a type of longitudinal study - an approach that follows research participants over time. The value of a cohort study is that it helps build understanding of what factors predict the likelihood of developing a condition or disorder. It can also be used to evaluate workplace changes, policies, or other interventions.

Project Objectives

Through this project, we will:

- Investigate the prevalence and incidence of mental wellbeing and mental health disorders in Northwestern Ontario workplaces post-COVID-19 pandemic
- Determine workplace and worker risk factors associated with mental wellbeing and mental health disorders in Northwestern Ontario workplaces
- Develop and evaluate interventions addressing workplace and worker risk factors for mental wellbeing and mental health disorders in Northwestern Ontario workplaces

For Workplaces:

Participating could help to provide an understanding of how healthy a workplace is and aspects that affect the physical & mental wellbeing of workers. We want to work with employers to develop and test cost-effective interventions to improve the health of workers and workplaces.

For Workers:

Participating will give you an opportunity to share your concerns regarding factors affecting physical & mental health in your workplace. Once complete, EPID@Work hopes to use your feedback to develop and test interventions for workplaces. All surveys will remain confidential.

All workers and all workplaces in Northwestern Ontario are encouraged to participate!

Whether you are a small business owner or the CEO of a large corporation, we want to help you better understand the health of your workplace. If your workplace is not participating, individual workers can still elect to take the survey.

Getting involved in easy. Visit our website or contact us today!

