

# Prof. Annekatriin Hoppe

Faculty of Life Sciences

Department of Psychology

Occupational Health Psychology



## Expertise

Prof. Hoppe's research is focused on Occupational Health Psychology (OHP) especially on the analysis of work activities to maintain employee health and performance as well as to provide learning and development opportunities. OHP integrates occupational and health psychology with occupational medicine and traditional labor safety, which is insufficient for today's flexible employment situation. Prof. Hoppe also examines the psychosocial characteristics of a specific workplace, e.g. work requirements or the level of influence on and control over tasks as well as the social working environment. She also studies the effects of these characteristics on employee health and his/her well-being. She investigates how psychosocial work characteristics influence an employee's motivating factors like job satisfaction and commitment. Particular attention is paid to the situation of migrant and low-skilled workers and the analysis of the impact their workplaces and work environments may have on their health and well-being. Moreover, Prof. Hoppe studies multi-ethnic and -lingual workforces and the effects of diversity on employee health.

## Scientific Services

- risk assessment methods for workplace conditions
- employee surveys regarding the promotion of health at workplace
- interventions to promote health at work

## Testimonials

- postal operators, logistics companies, professional care providers, manufacturing companies: execution of employee surveys to gather data on psychosocial strain and resources in the workplace and to analyse effects of stress, job satisfaction and work performance
- public institutions (e.g. universities, federal ministries), consulting companies, self-employed persons: development of health-related interventions and training sessions via mobile devices (e.g. smartphones, tablets) to facilitate recovery strategies and self-management
- Michel, A. & Hoppe, A. (2022). Handbuch Gesundheitsförderung bei der Arbeit: Interventionen für Individuen, Teams und Organisationen (1. Aufl. 2022 Aufl.). Berlin: Springer.

## Topics / Trends

New Work  
Working Environment  
Demographic Change  
Diversity & Gender  
Health  
New Media  
Continuing Education / Lifelong Learning

## Industries

Education  
Healthcare & Life Sciences  
Information & Communication  
Technology  
Aerospace  
Mobility & Logistics  
Professional Services & Consulting  
Administration

## Mentor for Startup

OFFTIME GmbH