

DECREASING WORK STRESS IN TEACHERS

Roosmarijn M.C. Schelvis

The studies presented in this thesis were conducted at the Netherlands Organization of Applied Scientific Research (TNO), in collaboration with VU University Medical Center as part of the Body@Work cooperation between these institutions. The intervention study was funded by The Netherlands Organization for Health Research and Development (ZonMw) and the SOM. The grant was awarded in the round of subsidies on 'Sustainable Employability – effectiveness studies', and embedded in the research program 'Prevention' (dossier number 50-51400-98-019). The content of this thesis was not influenced by any kind of sponsorship or monetary contribution.

Financial support for the printing of this thesis was kindly provided by Body@Work, Research Center on Physical Activity, Work and Health.

English title: Decreasing work stress in teachers
Dutch title: Werkstress verminderen bij docenten
ISBN-number: 978-94-028-0737-0

Design by: Lyanne Tonk (Persoonlijk Proefschrift)
Printed by: Ipskamp Printing, Amsterdam

© Copyright 2017, Roosmarijn M.C. Schelvis, The Netherlands
All rights reserved. No part of this thesis may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without prior written permission from the author, or when appropriate, from the publishers of the publications.

VRIJE UNIVERSITEIT

Decreasing work stress in teachers

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor aan
de Vrije Universiteit Amsterdam,
op gezag van de rector magnificus
prof.dr. V. Subramaniam,
in het openbaar te verdedigen
ten overstaan van de promotiecommissie
van de Faculteit der Geneeskunde
op dinsdag 7 november 2017 om 9.45 uur
in de aula van de universiteit,
De Boelelaan 1105

door

Roosmarijn Margaretha Cornelia Schelvis
geboren te Heemskerk

promotor: prof.dr. A.J. van der Beek
copromotoren: dr. N.M. Wiezer
dr. K.M. Oude Hengel