



**KEY INSIGHTS FOR THE
IMPROVEMENT OF MENTAL
HEALTH IN THE WORKPLACE**

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What is Mentallypro?



Mentallypro is an innovative tool for assessing exposure to psychosocial risk factors in the workplace. It was promoted by **BeOn*** and co-created by the **University of Barcelona** alongside more than **60 public and private entities**, involving **7,000 employees**.

Mentallypro is distinguished by its **psychometric rigor**, agile structure, practical approach, and adaptability to diverse organizational contexts. It is designed to enable effective, rapid assessment that support decision-making to enhance workplace well-being.

The product of a two-year **R&D** project, **Mentallypro** has been validated by the international scientific community. Its psychometric study was published in the prestigious journal **Annals of Psychology**, confirming its technical rigor and alignment with contemporary workplace demands.

Technologically, **Mentallypro** is a robust and accessible **SaaS** solution, allowing a fully digital, anonymous, and simple assessment in just 12 to 15 minutes. It also provides **advanced data mining and automatic report generation features**, supporting informed decisions aimed at improving workplace well-being.

Why was it created?



According to the WHO, over **25% of the global population** will experience some form of mental health disorder during their lifetime, making it the **second leading cause of illness and disability worldwide**. The workplace is a critical setting for **detecting and preventing** risks before they escalate.

Psychosocial risk factors directly impact both people's well-being and organizational productivity. If not managed properly, these factors can affect people's **mental and physical health and the working environment, productivity and competitiveness** of organizations: in terms of illness, **absenteeism, turnover, labor disputes and loss of talent**.

The COVID-19 pandemic amplified this reality, **highlighting the urgent need** for modern, rigorous tools that enable organisations to understand and manage these risks effectively in today's evolving work environment.

How does it work?



The **Mentallypro** assessment is quick (**approximately 12–15 minutes**), simple, fully computerized, and designed to be completed **anonymously**, ensuring data protection. Its methodology has been scientifically validated and meets the **highest psychometric quality standards**, making it an essential tool for evaluating psychosocial well-being in any organization.

The **Mentallypro** scale consists of 56 blocks, each containing 4 statements, based on **14 key psychosocial factors**. Each statement reflects a significant aspect of the work environment, enabling accurate estimation of risk exposure.

Respondents rank statements from 1 (most representative) to 4 (least representative) within each block. This ipsative approach **minimizes response bias**, particularly social desirability bias, and enhances psychometric reliability compared with Likert-type scales.

Our Partners & Impact



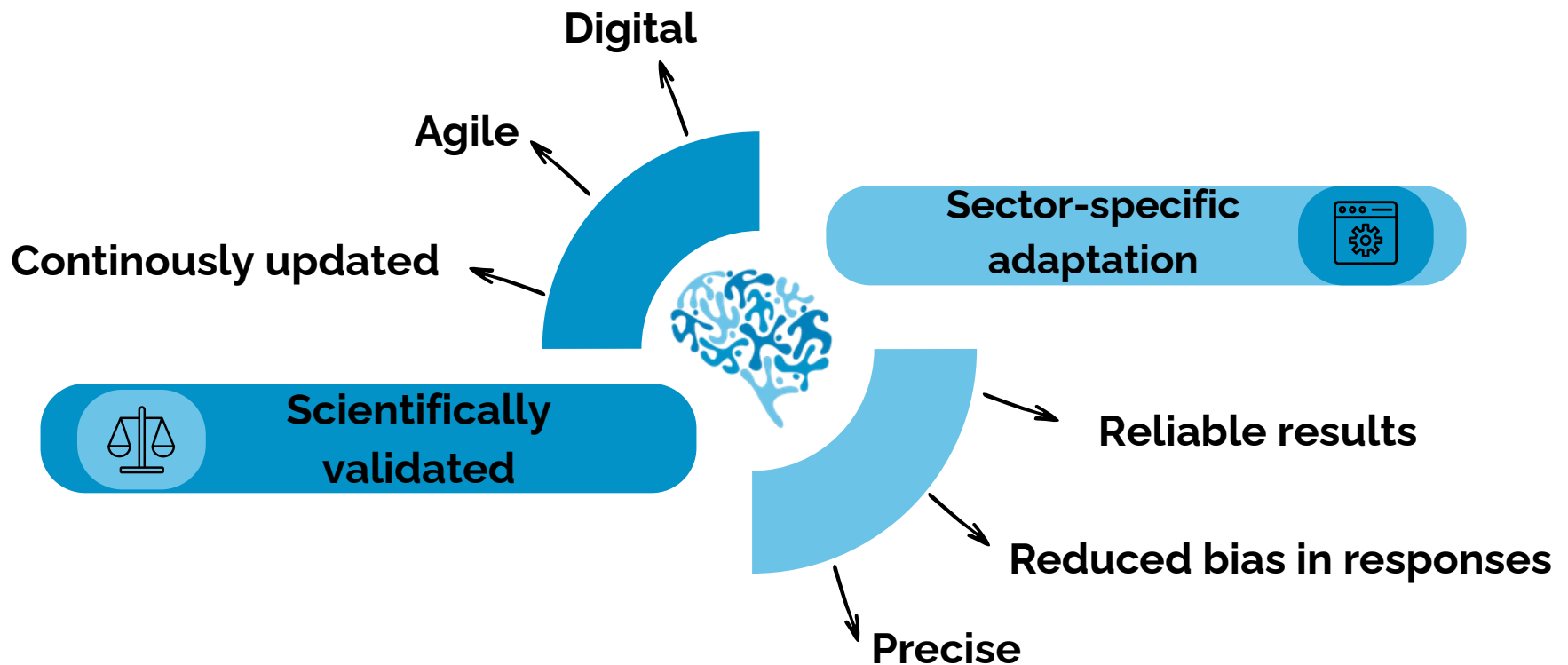
A joint project promoted by **BeOn*** with the participation of the **University of Barcelona** and **60+ public & private entities**, with experts in Prevention, Psychosocial Health, Social & Quantitative Psychology.

Mentallypro has assessed hundreds of large organizations, including major multinationals, reaching over **100,000 people to date**



A new way to assess and manage psychosocial risks

Mentallypro is a digital platform (SaaS) that enables the rigorous, fast, and sector-adapted assessment and management of psychosocial risks. Its methodology supports data-driven decision-making to improve workplace health and well-being.



Sectors



Public Administration



Banking



Retail and customer service



Contact Center



Maintenance and Facilities



Logistics and Transportation



Catering and Food services



Insurance



Consulting



Education



Hotel Industry



Production processes



Services



Health and Social care



Telecommunications



Pharmaceutical sector



Water Management and treatment



Security and Access control



Legal Firms

Assessed factors



**WORK
CONTENT**



**ROLE PERFORMANCE AND
RESPONSIBILITIES**



**MENTAL
LOAD**



**WORKLOAD &
WORK PACE**



**PROFESSIONAL
DEVELOPMENT**



**WORK-LIFE
BALANCE**



WORKING TIME



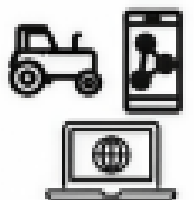
**INTERPERSONAL
RELATIONSHIPS**



**LEADERSHIP
STYLE**



**PARTICIPATION
& CONTROL**



WORK TEAMS



**CHANGE
MANAGEMENT**



**SOCIAL
REWARD**



**INFORMATION &
TRANSPARENCY**

MentallyPro: MentallyPro: Building an International Network

2026 Initial development of sector-specific benchmarks in new countries

Mentallypro is available in:





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