



Dr. Stefanie Mache

Position:

Head of Department

Department:

Mental Health

University:

Institute for Occupational and Maritime Medicine, University Medical Center Hamburg-Eppendorf, Germany

Short Bio:

Head of research group Mental Health at the Institute for Occupational Medicine and Maritime Medicine at the University Medical Center Hamburg-Eppendorf. She has a master's degree in psychology with a specialisation in occupational psychology and also holds a master's degree in public health. She has a PhD in medicine and a PhD in public health. Her working group conducts research studies in the context of mental health promotion, stress and strain in various professional settings, with a focus on the topic of digital stress perception and mental health interventions.

Expertise:

mental health promotion, occupational health psychology