



## Shift-Work and the Individual

Guest Editor:

**Prof. Dr. Thomas Kantermann**

1. University of Applied Sciences for Economics and Management (FOM), Neuss, Germany
2. SynOpus, Bochum, Germany

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### Message from the Guest Editor

Dear Colleague,

There is no standard definition of shift-work universally, and validated reports of (complete) biological adjustment to shift-work at the level of the individual are missing. Because of the lack of studies and a rather narrow range of outcome measures, the evidence for shift-work tolerance is limited. Those factors that have been found associated with subjective or objective shift-work tolerance are young age, low scores of morningness or being a late chronotype, low scores of languidity and neuroticism, high scores on extraversion, internal locus of control and flexibility, and male sex. Future studies should identify more factors to widen this list, including the results of applied studies that have tested these factors. Such studies could range from identifying factors that are modifiable (e.g., lifestyle choices) as well as factors specific to the working time arrangement and the workplace setting. This Special Issue shall collect and discuss evidence to date regarding individual differences in shift-work tolerance, including prospects for future research and practical workplace recommendations.

Prof. Dr. Thomas Kantermann

Guest Editor

