



Psychosocial Risks of the New Work Modalities in the COVID Era

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Message from the Guest Editors

The global pandemic generated by COVID-19 forced the economy to adapt to new ways of working, especially working from home, proving the long-defended concept that it was not necessary to spend so many hours in the work environment and helping toward reconciliation between personal, family, and work life. Many of these modalities are likely to survive in the future, post-pandemic, e.g., meetings via videoconference, sending reports via email, or networking. There have also been many risks that this new lifestyle can entail, however, such as presenteeism, excess working hours, lack of time separation, work addiction, overload due to multiple routes, sedentary lifestyle, and lack of personal contact, among others. All of these are beginning to show their effects on people's physical and psychological health in the form of anxiety, depression, stress, insomnia, mental exhaustion, alcohol and substance use, and obesity.





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Message from the Editor-in-Chief

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