



**CICLO  
DE CONFERÊNCIAS 2014**  
**A CIÊNCIA QUE POR CÁ SE FAZ**  
CENTRO DE INVESTIGAÇÃO  
ISPA - INSTITUTO UNIVERSITÁRIO



# INTEGRATIVE PERSPECTIVES OF OCCUPATIONAL FATIGUE CONTRIBUTIONS FROM ORGANIZATIONAL NEUROSCIENCES

Occupational fatigue may be defined as the fatigue resulting from work activities (i.e., work activities which main components involve physical and psychological processes) and the working conditions under which these are performed (e.g., working conditions, temporal organization, workload, work rhythms). The appealing nature of the topic has stimulated research in a variety of disciplines such as biology, medicine, psychology, management and neurosciences. Although the diversified scientific inputs are most welcomed, the integration of results and its incorporation in applied countermeasures has yet to be materialized. Following the presentation of the state of the art and a critical analysis of the multidisciplinary literature on fatigue, the paper discusses the potential contributions of organizational neurosciences. By combining psychological, behavioral and physiological approaches, the paper proposes an integrative approach to occupational fatigue that may help to understand behaviors and physiological changes in the working population. Finally, the buffering effects of working conditions (e.g., teamwork) or the compensatory effect of task characteristics (e.g., task engagement) need to be considered in order to develop effective mitigating strategies.



**28 NOVEMBRO 2013**

12H30

**AUDITÓRIO 1**

**ENTRADA LIVRE**

**Teresa C. D'Oliveira**  
ISPA - Instituto Universitário

ISPA




CI

CENTRO  
DE INVESTIGAÇÃO

Rua Jardim do Tabaco, 34  
1149 - 041 Lisboa

T. 218 811 700  
F. 218 860 954

ci@ispa.pt  
[www.ispa.pt](http://www.ispa.pt)

 Segue-nos em  
[www.facebook.com/ISPA.IU](https://www.facebook.com/ISPA.IU)