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Works as an associate professor and principal investigator at the Coronel Institute of Occupational Health.

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Topics in her research have been:

(criteria for)      work-related disorders,  
work stress and fatigue,  
work-ability, and  
recovery.

Focus in her current activities, are:

- 1- Fatigue and heart rate variability.
- 2- Aging and work-ability in high-demands jobs.
- 3- Work-ability after acquired brain injury.
- 4- The evidence-based development and evaluation of workers' health surveillance.
- 5- Development of methods for assessing work-ability in workers in high-demands jobs.

## Work-related stress: reactivity, recovery, and health effects. (Reactividad y recuperación tras el estrés en el trabajo: mediación biológica y significado).

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### Abstract

When a person is exposed repeatedly to mild stressors in the workplace without intermittent recovery, a vicious circle might develop that will get worse over time, and the acute occupationally induced reactivity in stress biomarkers might eventually develop into illness, and (cardio)vascular disease.

This hypothesis will be explained through the Cognitive Activation Theory of Stress from Ursin and Eriksen, and the Allostatic Load Theory of McEwen. In addition, recent evidence from the literature will be presented that point to the development of (cardio)vascular disease development because of repetitive activation of the Hypothalamo-Pituitary-Adrenal axis (HPA-axis; measurable in cortisol excretion), and the Sympathetic Nerve System and Sympatho Adreno Medullary system (SNS and SAM system; measurable in catecholamines excretion). Some cardiovascular and immunological parameters will be described as well.

Examples from own field studies on ambulance workers, coach drivers, and construction workers will show how different work stressors may lead to sustained activation of the biomarkers of the aforementioned stress systems and affect the levels of need for recovery after work and emotional exhaustion.