



## **Estudio CuidémoNos: Exposición a riesgos psicosociales y estado de salud entre trabajadoras auxiliares técnicas sociosanitarias a domicilio y propuestas de mejora**

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***CuidémoNos study: Exposure to psychosocial risks and health status among home care aides and proposals for improvement***

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Home care aides provide in-home support to people with care needs. This female-dominated workforce often faces poor, precarious working conditions and remains largely invisible. To characterise their working conditions, contexts of vulnerability, and health status, the project has two phases: (1) a quantitative study using web-based respondent-driven sampling (WebRDS), and (2) a qualitative study to generate in-depth accounts and explanations of their circumstances. This is a community-based participatory project that involved the collaboration of the [Plataforma Unitaria SAD](#) in both its design and implementation.

[Technical report](#)