

NEWSLETTER

THE IDOCAL BULLETIN



VNIVERSITAT
DE VALÈNCIA

idocal

CODI DE BON GOVERN DE LA UNIVERSITAT DE VALÈNCIA

El Codi de bon govern de la Universitat de València té per finalitat orientar l'actuació institucional d'acord amb criteris d'integritat, legalitat, exemplaritat, transparència, coordinació i servei públic

IN THIS ISSUE

NEWS: Idocal adheres to the UV Code of Good Governance

NEWS: Idocal breakfast

NEWS: Entrepreneurship Competences and Opportunities Conference

NEWS: Lights, Camera... Sustainability!

NEWS: Informative videos on sustainable competences

NEWS: WOP-P Erasmus Mundus Master – Oral Presentations Day at UV

NEW OHD STUDENT: Welcoming Sonya Gema Domun

NEW PUBLICATION: By idocal members

idocal

Research Institute of Personnel Psychology,
Organizational Development and
Quality of Working Life

NEWS

Idocal adheres to the University of Valencia's Code of Good Governance



The director of Idocal has signed the adherence to the code of good governance approved by the governing council on April 21, 2026.

This is an ethical code adopted by the University of Valencia to guide institutional action in accordance with the principles of integrity, legality, exemplary conduct, transparency, coordination, and public service. Adherence is mandatory for members of the Rector's team, but other individual bodies are encouraged to sign it voluntarily.

NEWS

IDOCAL InSPIRA Hosts Well-Attended Breakfast Event Highlighting Two Decades of Research on Psychosocial Processes in Service Organizations



The IDOCAL recently held a highly attended breakfast gathering that brought together researchers, collaborators, and members of the institute to reflect on the achievements and future challenges of the research line on psychosocial processes in service organizations. The event featured presentations by Vicky Fajardo, Nadia Ruiz, Esther Gracia, Carolina Moliner, and Vicente Martínez-Tur, who shared an overview of the trajectory developed over the last 20 years within this field of study. During their talks, the speakers reviewed the main milestones achieved in research, social impact, and knowledge transfer, emphasizing the contribution of the group to understanding the psychosocial dynamics of the work environment for people with intellectual disabilities. They also discussed future projects and emerging challenges that will continue to guide the line's development in the coming years.

Beyond the academic presentations, the breakfast and coffee session created an informal and engaging environment that encouraged interaction among members of the institute, fostering dialogue, collaboration, and the exchange of ideas across different research areas. The organizers (Virginia Orengo and Laura Lorente) and the director of Idocal (Isabel Rodríguez), expressed their gratitude for the strong participation and the enthusiasm shown by attendees, highlighting the importance of these encounters in strengthening the sense of community within the institute.

NEWS

Entrepreneurship Competences and Opportunities Conference



On May 4th at the Saló d'Actes the Faculty of Psychology and Speech Therapy and the Erasmus Mundus WOP-P Master hosted the Entrepreneurship Competences and Opportunities Conference. The event was presented by Prof. Núria Tordera.

A valuable session to reflect on entrepreneurial competences, managerial skills, and international career opportunities.

Special thanks to Prof. Carmine D'Arconte and Gabriela Dumont for sharing their insights and practical perspectives.

NEWS

Lights, Camera... Sustainability!

This month we had the opportunity to record a series of videos together with colleagues from IDOCAL as part of the educational innovation project “Educating for Sustainability: Educational Innovation to Develop Sustainable Competencies.

It was a great experience to collaborate, reflect, and share ideas on how higher education can contribute to building more sustainable mindsets and skills in our students.

Initiatives like this remind us of the importance of integrating sustainability into teaching, not only as content, but as a core competence for the future.

Looking forward to seeing the final results and continuing this meaningful work together!

NEWS

Lights, Camera... Sustainability!



NEWS

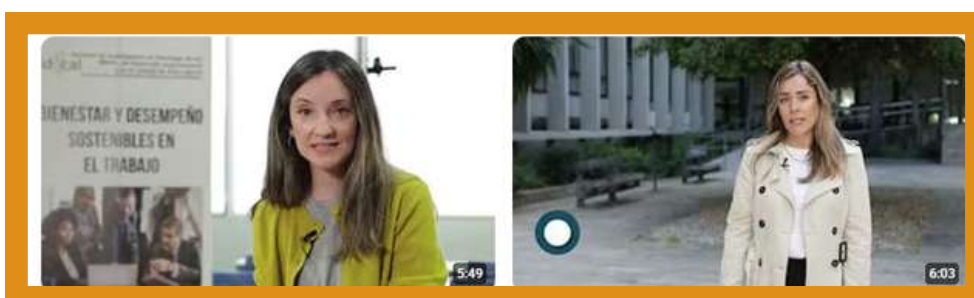
Informative videos on sustainable competences

Our colleagues Esther Villajos, Laura Lorente, Inma Silla, Núria Tordera, Baltasar González, Milena Guimaraes, and Paco Gracia recorded two informative videos during the month of May presenting the innovation project on which they are currently working. The project is entitled "Educating for Sustainability in the Digital Era: Educational Innovation for the Development of Sustainable Competences."

The project aims to analyse and enhance sustainability-related competences and attitudes among undergraduate and master's students at the Universitat de València, in line with the European Union's GreenComp framework. It is also aligned with the strategic priorities of the Vice-Rectorate for Sustainability, Cooperation and Healthy Living at our university, and contributes to the development of the transversal competences embedded across different degree programmes.

You can access the two videos here:

Educating for Sustainability:
<https://www.youtube.com/watch?v=tdDS3j07y2g&t=3s>
 Educational Innovation for the Development of Sustainable Competences:
<https://www.youtube.com/watch?v=w3oH1fMvnFQ&t=13s>



NEWS

WOP-P Erasmus Mundus Master – Oral Presentations Day at Universitat de València



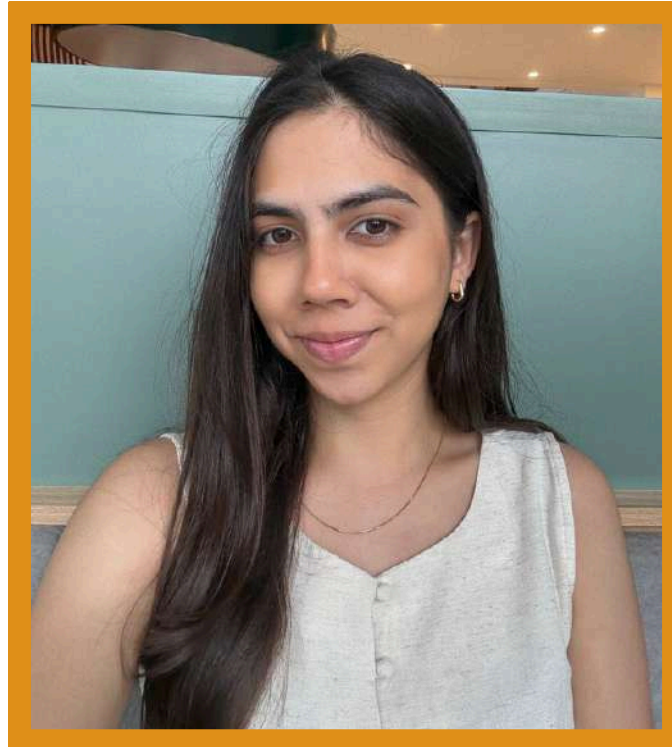
On May 8th, the host students of the WOP-P Erasmus Mundus Master at Universitat de València presented the first milestone of their research process, which will culminate next academic year with their Master's Thesis.

We were delighted to count on 9 students from the University of Bologna and the University of Coimbra, together with a PhD student.

During the session, students received valuable feedback and suggestions from the Master's professors, their host tutors, and visiting scholar Prof. Lina Fortes-Ferreira (Instituto Politécnico de Setúbal), currently at IDOCAL, supporting them in the further development of their research projects.

NEW PDH STUDENT

Welcoming
Sonya Gema Domun



¡Hola a todos!

I am Sonya, originally from Mauritius, and an alumna of the prestigious Erasmus Mundus in Work, Organisational, and Personnel Psychology (2022-2024). I am now back at the Faculty of Psychology, joining the IDOCAL to pursue my PhD alongside a great team and my supervisor, Prof. Vicente González.

In March 2026, I officially joined the PROMETEO project, which focuses on the influence of Generative AI on job quality and work outcomes. I am a nature and flower lover, always curious to discover new places, and I consider myself a resilient person who loves to keep learning and broadening my horizons. I have realised that IDOCAL is the right place to do so! :)

I am very grateful for the warm welcome and am looking forward to collaborating with you. On a personal level, Valencia is my "city of heart," I am incredibly glad to be back here.

¡Hasta pronto!

NEW PUBLICATION

ICT at work: a double-edged sword for employee well-being

Arriagada-Venegas, M., Ariño-Mateo, E., & González-Romá, V. (2026). "ICT use at work as a double-edged sword: A moderated mediation model of employee well-being". *The Spanish Journal of Psychology*, 29, e11. <https://doi.org/10.1017/SJP.2026.10029>

SUMMARY

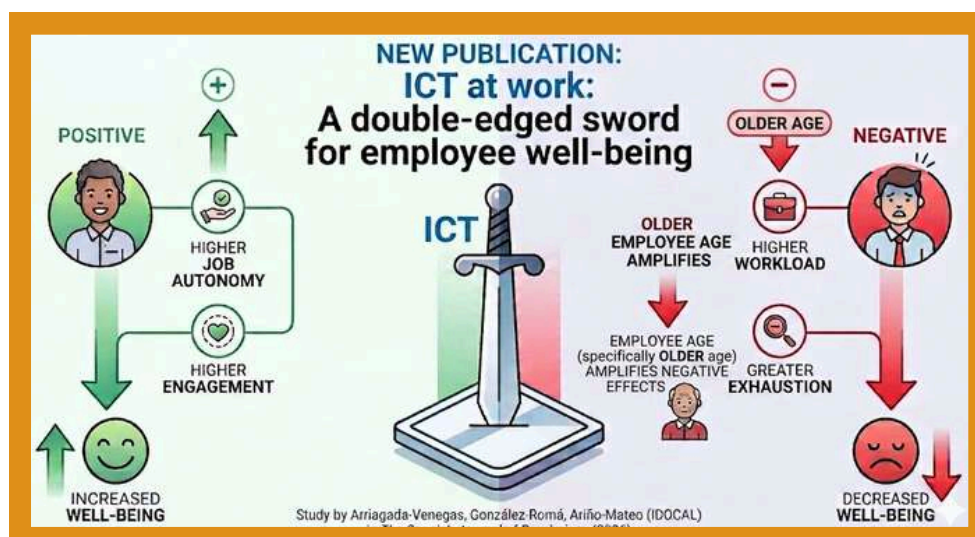
Matias Arriagada-Venegas, Vicente González-Romá and Eva Ariño-Mateo from IDOCAL published a new article in *The Spanish Journal of Psychology* examining how ICT use at work relates to employee well-being through two pathways.

Using data from the 7th European Working Conditions Survey (37 countries, 7,900 workers), the study reveals that ICT acts as a double-edged sword ✂️:

➕ On the one hand, ICT use enhances job autonomy, which boosts work engagement and subsequently improves well-being.

➖ On the other hand, ICT use increases workload, leading to greater job exhaustion and reduced well-being.

Additionally, employee age amplifies the negative effects 📉, older workers are more vulnerable to the negative effects of ICT use on their well-being.





Research Institute of Personnel Psychology,
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