

ABSTRACT

The main sources of stress for cadets have been identified in many studies, but a suitable measurement instrument for assessing and monitoring the mental health of seafarers is still lacking. As occupational and psychosocial stress are dynamic processes, a longitudinal study with measurements is necessary to investigate the effects of stressors on the well-being of maritime cadets.

This thesis develops a tool for monitoring the well-being of cadets during their onboard internships. For this purpose, a study is conducted aboard the *Dar Młodzieży* during the internships of first-year students from the Antwerp Maritime Academy.

To avoid the risk of survey fatigue, a digital application is used that is easy and quick to complete. Since no other existing applications meet all the requirements for this research, a completely new application has been developed. This application can collect all information about the well-being of the cadets while offline.