**Perceptions and Experiences of Stress, Resilience and Well-being Amongst Merchant Seafarers.**

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**Background and Aims:** Recent changes in the maritime industry have escalated occupational stressors at sea, often challenging the well-being of seafarers. Faster turnaround schedules in ports, increased technology, decreased personnel, labour intensification, and social isolation have all affected the seafaring landscape. Seafarers are an occupational group amongst those at the highest risk for stress, which may in turn influence their mental and physical health. The overall aim of this study was to contribute to the current body of knowledge on facilitators and barriers of the psychosocial well-being of maritime workers, with a view to identifying how organisational policies could support optimal working conditions at sea.

**Methods:** Qualitative analysis was conducted comprising 11 semi-structured interviews and 5 focus groups with superintendents, officers and ratings/crew of a large shipping company to explore their perceptions and experiences of stress, resilience and well-being. Qualitative data was analysed using the descriptive and interpretive qualitative methods.

**Results:** Findings indicated psychosocial factors that impacted on stress, resilience and well-being onboard. Psychosocial factors were varied including the importance of shore leave, the significance of high-quality food onboard, the importance of socialisation onboard, and the effects of diverse cultures and nationalities on well-being.

**Conclusion:** Supporting the psychosocial well-being of seafarers may benefit both the individual seafarer and their employer, through improved well-being and increased work performance, comprising a virtuous reinforcing cycle. Importantly, however, a work environment seen as supportive and just is necessary to provide a good platform upon which individually focused psychological interventions can be optimally applied.