From the end of the 1950s a plethora of publications came out on the subject of neurosis and its prevention within professional medical research journals, as well as popular pamphlets and ‘lifestyle magazines’. Many even used the term ‘neurasthenia’, a category which historians have claimed had fallen out of use in European medicine by the 1930s. This was illustrative of increasing concern about the effects of the ‘Scientific-Technological Revolution’ on the health of socialist nations, particularly with regard to the impact of automatization and new chemical and machine processes in factories and agriculture, as well as the impacts this had upon management and labour-relations. Industrial progress was fundamental to Communism, yet there was increasing evidence to show that it had detrimental effects on mental and physical health, which could in turn affect marital and family matters, producing a counterproductive effect that threatened the national economy. This paper explores the debates and interventions surrounding mental health and work in Communist Czechoslovakia and East Germany, tracing the importance of discourses around ‘environment’ and ‘conditions’ in the context of Pavlovian psychiatry, and later dialogues with Western theories of human ecology and behavioural psychology into the 1970s. It will chart the appropriation of these concerns for propaganda purposes, showing how socialist states used their active role in prevention and intervention in workers’ mental health to morally elevate themselves above Capitalist nations.