

HEALTH

Do You Experience Fatigue After Videoconferencing Meetings?



By Jason Junior ON JUL 18, 2022

Workers regularly using video-conferencing platforms for meetings suffer increased levels of fatigue, reported study.

Following work-from-home orders issued by governments worldwide during the pandemic, many employees attended meetings virtually using technologies such as Zoom or Microsoft Teams, instead of meeting face-to-face.

Working through COVID-19: Videoconference Fatigue

The researchers derived the results through an analysis of a survey of 1,145 Singapore residents in full-time employment and who had indicated that they use videoconferencing apps frequently.

‘In a survey conducted in December 2020, the NTU research team found that 46.2% of all respondents reported feelings of fatigue or being overwhelmed, tired, or drained from the use of videoconferencing applications.’

The researchers from the NTU Wee Kim Wee School of Communication and Information (WKWSCI) and its Centre for Information Integrity and the Internet (IN-cube), published their findings in the journal *Computers in Human Behavior Reports* in June 2022.