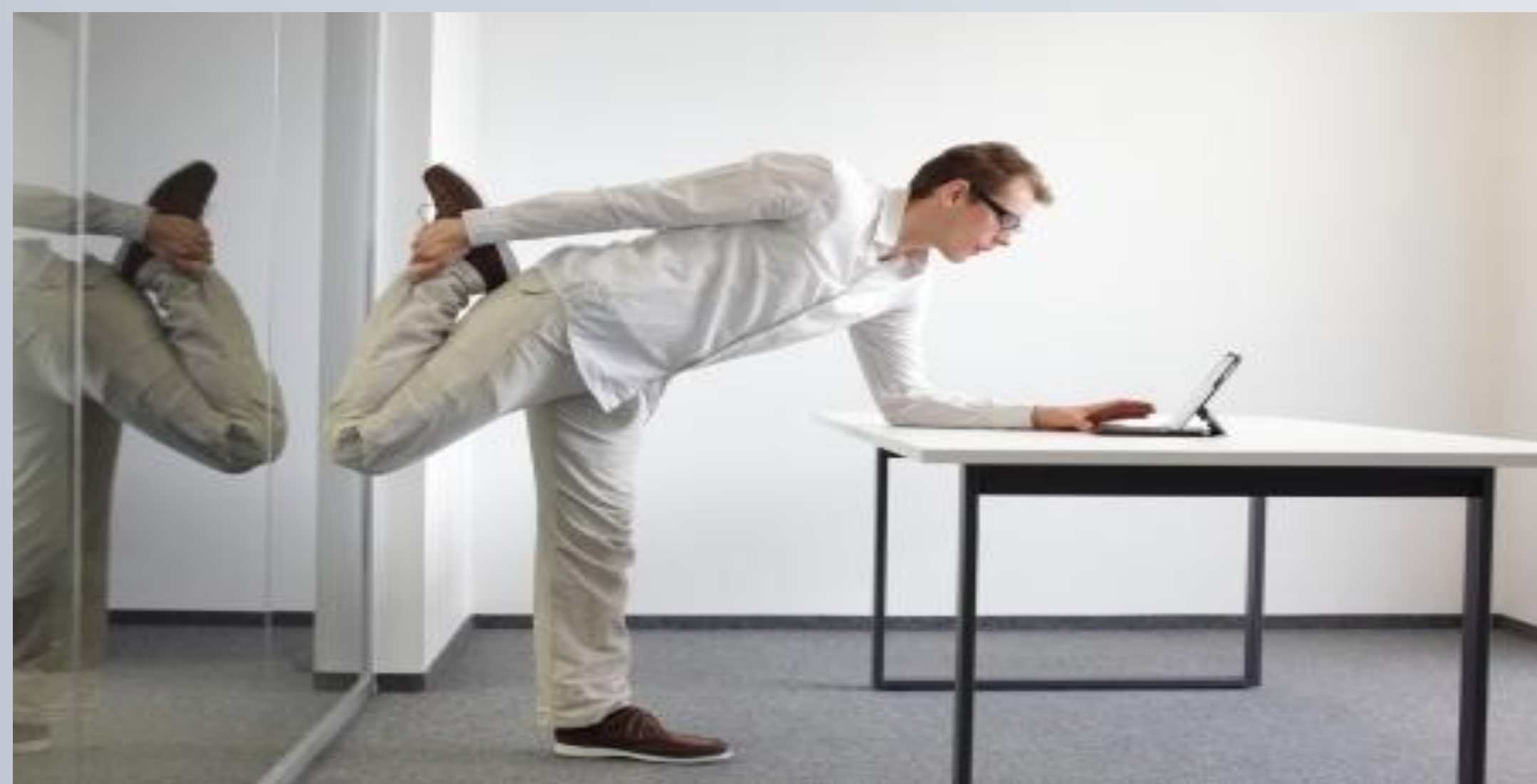


BACKGROUND

- ❖ The prevalence of sedentary occupations in the United States has increased significantly from 1960 - 2008.¹
- ❖ High amounts of sedentary behavior are associated with higher levels of stress in the workplace.²
- ❖ The amount of stress experienced by Americans is on the rise and is considered a public health crisis.³
- ❖ People who are physically active tend to live longer and are at less risk for serious health problems like heart disease, type 2 diabetes, and obesity.⁴

OBJECTIVE

To analyze the various levels of workplace activity across a range of occupations to determine if sedentary activity in the workplace is correlated with high levels of stress among adults in the United States.



METHODOLOGY

- ❖ This is a cross-sectional study conducted using Google Forms to survey working individuals across the United States.
- ❖ The study population consisted of a total of 63 participants aged 18-65.
- ❖ The majority of our respondents were technology workers.
- ❖ Participants were recruited over a two week period from April 27 - May 11, 2020.
- ❖ Sedentary behavior was defined as any waking behavior in a sitting or lying position where little energy is exerted.
- ❖ Stress was defined as how a person's brain and body respond to demanding situations and challenges. Stress was individually calculated using the Perceived Stress Scale (PSS).
- ❖ Activity break was defined as an opportunity to be physically active for a short stretch break, a 5-10 minute movement break, or 15-30 minute walking break.
- ❖ Physical activity was defined as exercise that is planned, structured and repetitive for the purpose of conditioning any part of the body.
- ❖ The data was analyzed using multiple two-tailed t-tests.

RESULTS

Sample Characteristics	Total Sample % (N=63)
Health Status	
Excellent	7.9 (5)
Good	44 (28)
Average	39 (25)
Poor	7.9 (5)
Very Poor	0 (0)
Gender	
Female	17.5 (11)
Male	82.5 (52)
Weekly Hours Worked	
10-30 hours	7.9 (5)
31-50 hours	73 (46)
51-70 hours	15.9 (10)
>70 hours	3.2 (2)

- ❖ Workers who took <2 activity breaks (n=20) a day were more likely to report lower stress scores (p=.035)
- ❖ Workers who reported <70% time sitting at work (n=30) were slightly more likely to report lower stress scores (p=.597).
- ❖ Individuals who reported >2 workouts (n=30) a week also reported significantly lower stress scores (p=.008).

Figure 1: Relationship between Activity Breaks and Stress Scores



Figure 2: Relationship between Work Time Spent Sitting and Stress Scores

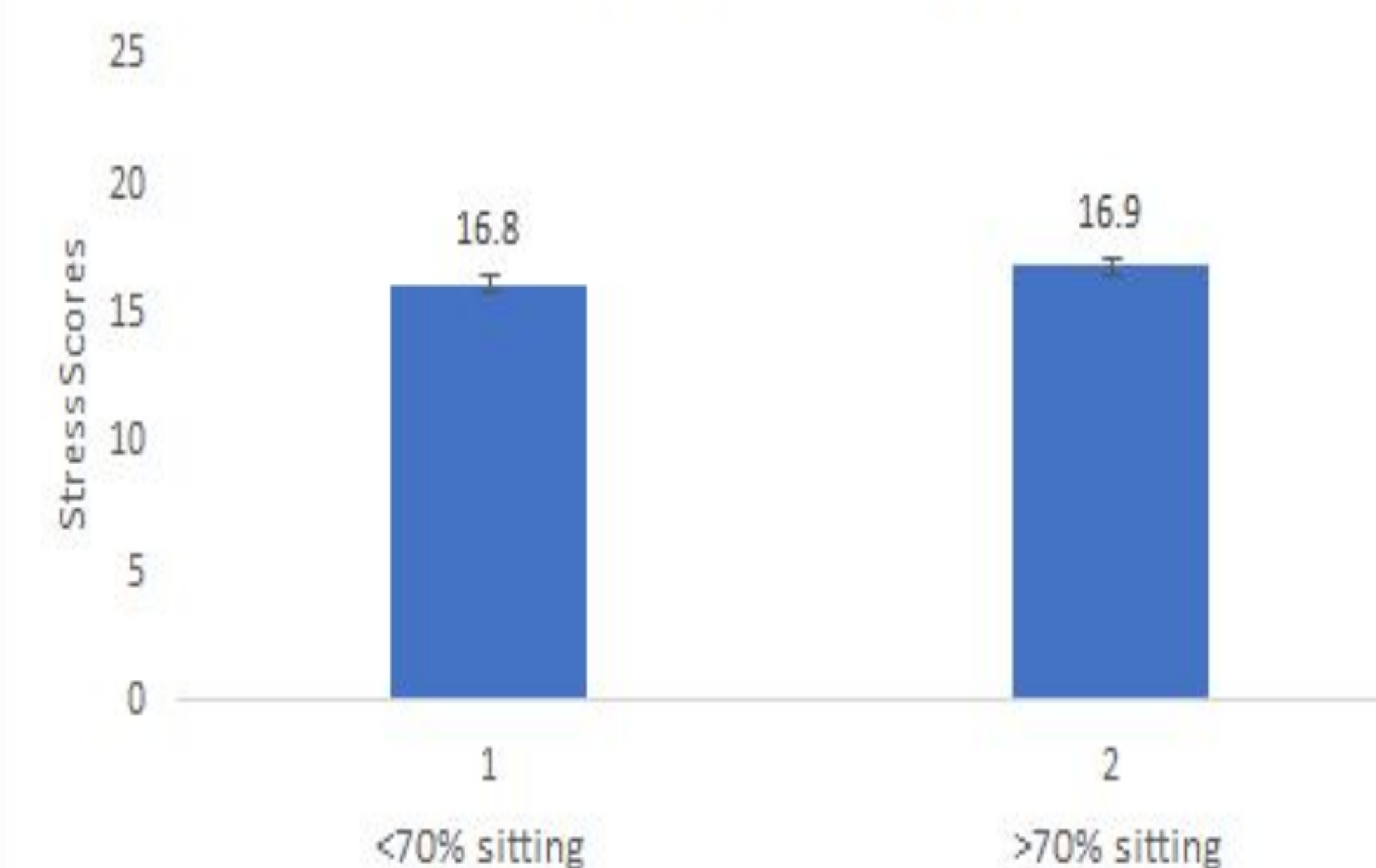
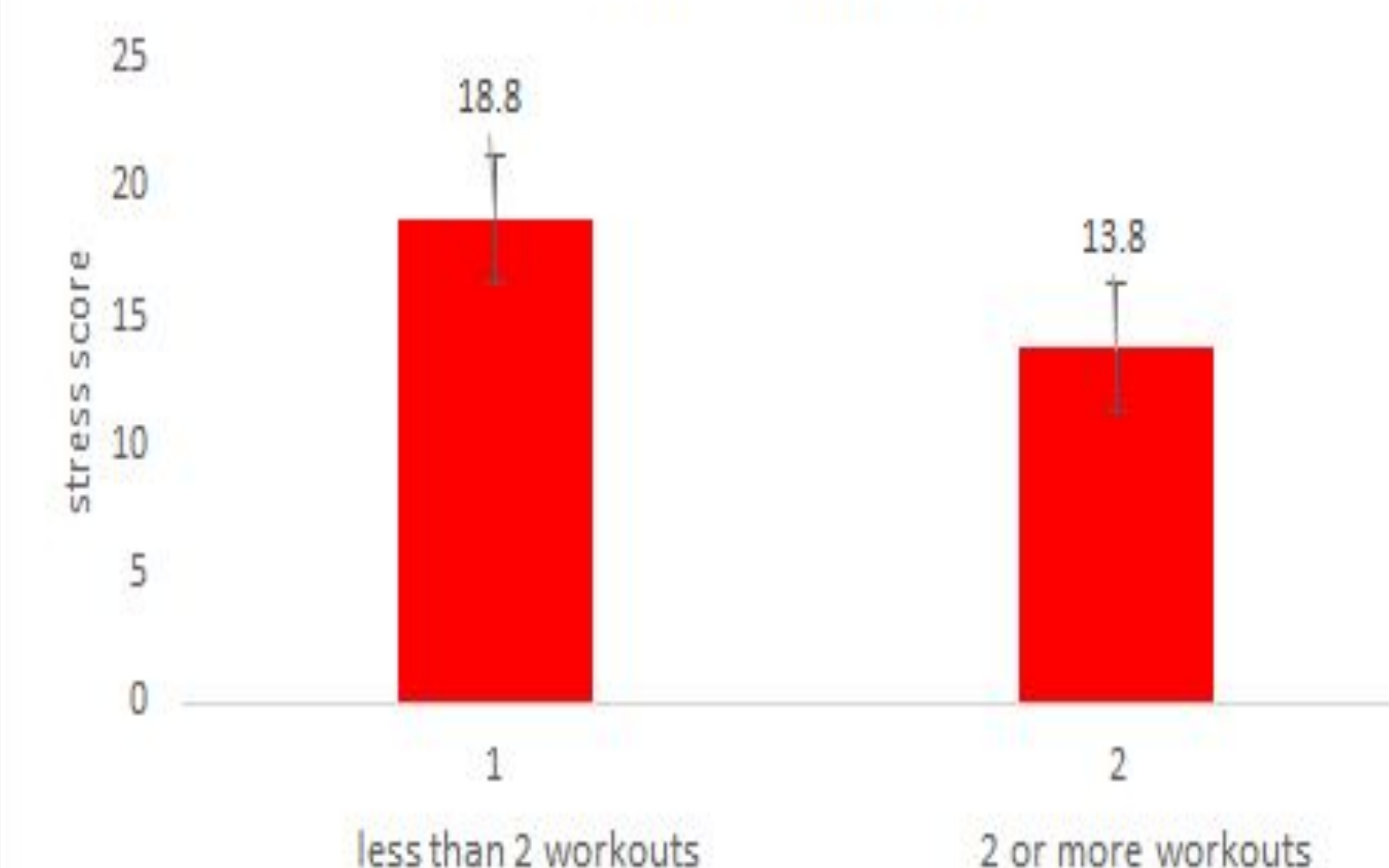


Figure 3: Relationship between Weekly Exercise and Stress Scores



CONCLUSIONS

- ❖ Activity breaks are important to include in a job. Future studies could include measuring frequency and duration of activity breaks to determine the most effective type of activity break.
- ❖ Engaging in physical activity is strongly correlated with reducing stress levels.
- ❖ The relationship between work time spent sitting and stress scores was not significant, though other previous studies show otherwise.⁵

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