

The human mind at work

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Mental fatigue

80,000 HOURS

What is the impact of *work* on the mind, body, and brain?

Sitting behavior

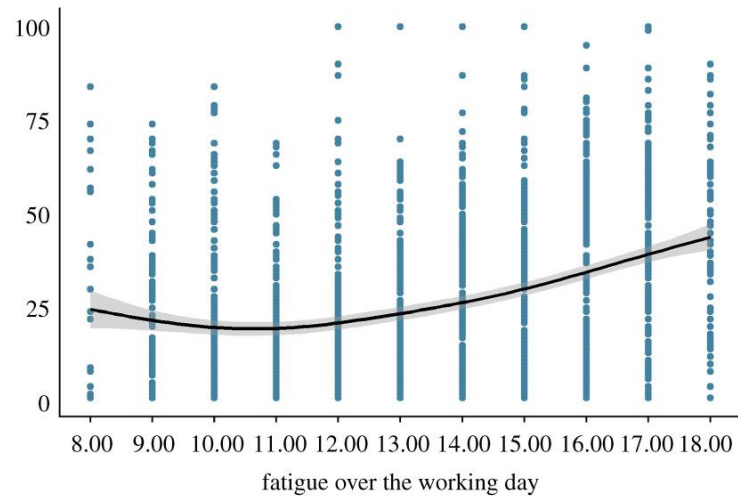
MENTAL FATIGUE
A FORM OF SUFFERING

20. Tiredness or Fatigue

- 0 I am no more tired or fatigued than usual.
- 1 I get more tired or fatigued more easily than usual.
- 2 I am too tired or fatigued to do a lot of the things I used to do.
- 3 I am too tired or fatigued to do most of the things I used to do.

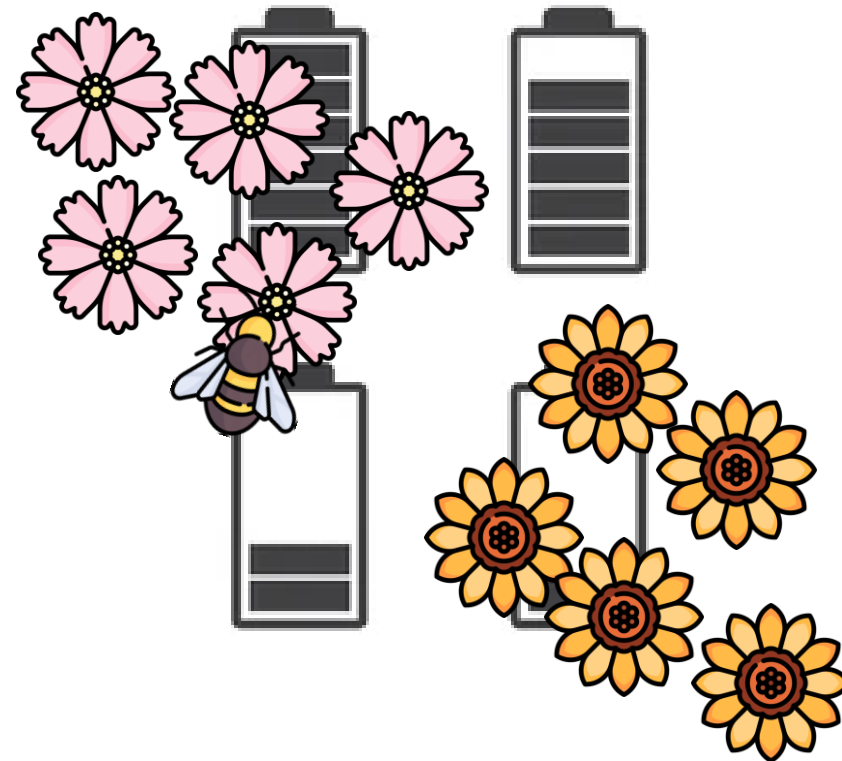
MENTAL FATIGUE PRESSING CHALLENGES

1) We do not really understand *dynamics* and *individuality*.



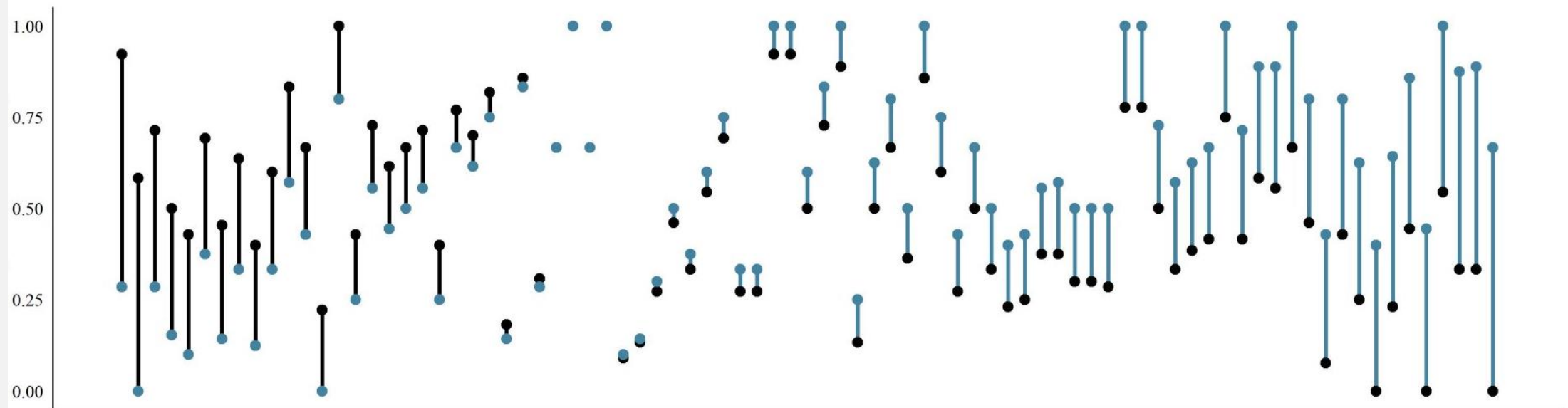
Dora et al. (2020, RSOS)

2) We don't have great models yet.

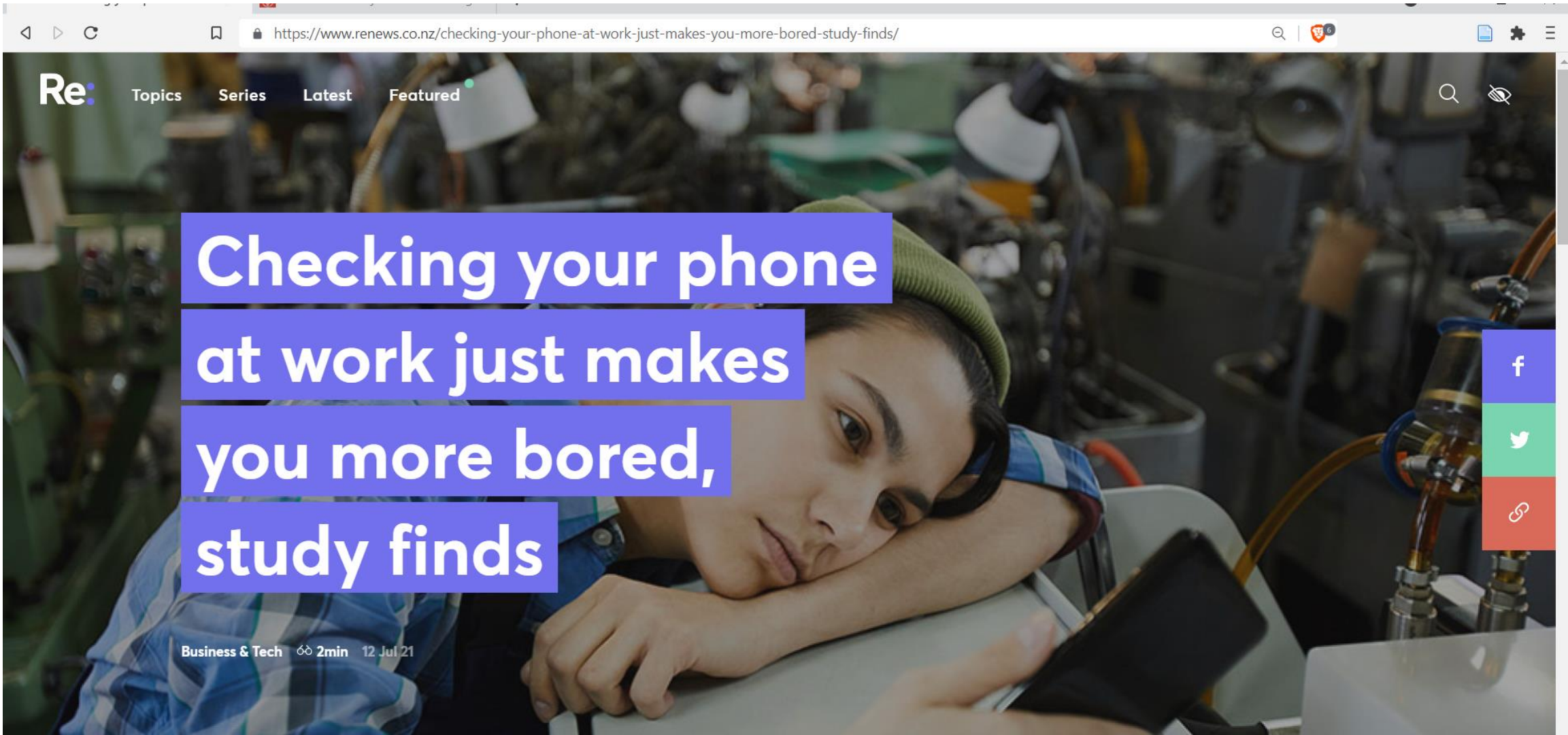


MENTAL FATIGUE EXAMPLE STUDY: SMARTPHONE USE

Most people were more likely to pick up their smartphone when they were **high** vs. **low** in fatigue



Dora et al. (2020, RSOS)



Checking your phone at work just makes you more bored, study finds

Business & Tech 2min 12 Jul 21

MENTAL FATIGUE

THE HEALTHY BRAIN STUDY

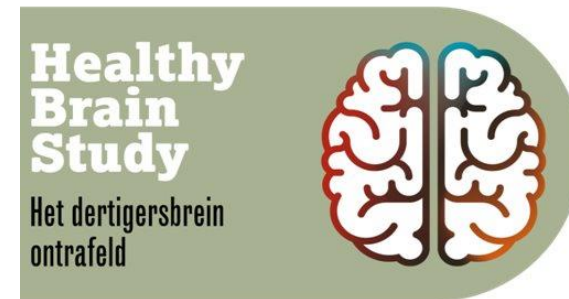
1) Intensive measures of **fatigue**, **concentration**, and **activities** (what people are doing)

2) Measures of **work characteristics** (pay, autonomy, relationship with colleagues and supervisor, mental load, emotional load, time pressure).

Potential impact

What aspects of work increase fatigue? What people are at risk?

Answers **will help us to design better work.**



SITTING BEHAVIOR

SITTING BEHAVIOR
"SITTING IS THE NEW SMOKING"

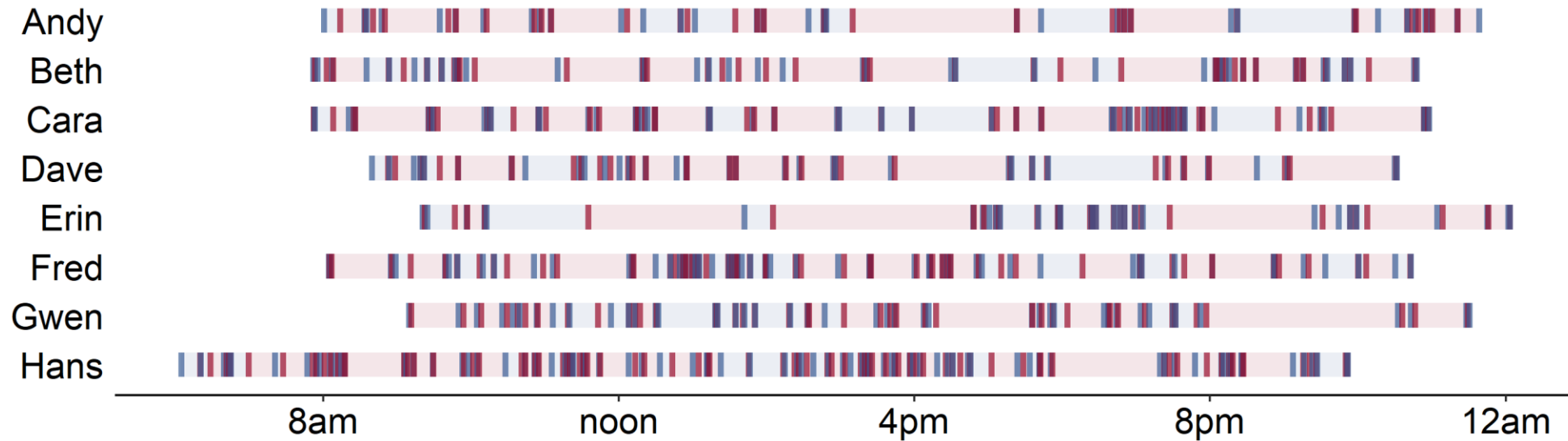


Biswas et al. (2015)

SITTING BEHAVIOR

TO UNDERSTAND SITTING, WE NEED TO LOOK AT TRANSITIONS

Sit-to-stand and stand-to-sit transitions



ten Broeke et al. (2020, PNAS; in prep)

SITTING BEHAVIOR THE HEALTHY BRAIN STUDY

- 1) The best way to measure **sit-to-stand** and **stand-to-sit** transitions.



- 2) Intensive measures of **what people are doing** and **feeling**.
- 3) Stable measures of **work characteristics**.

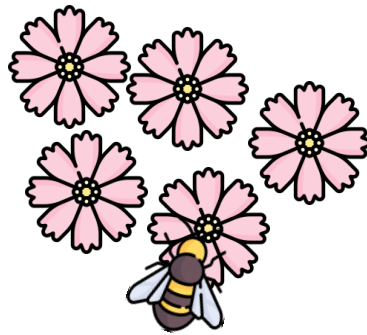
Potential impact

When are people at risk for long (unhealthy) stretches of sitting?

Specific answers **will help keep people healthy** (even when they have a desk job).

THE HUMAN MIND AT WORK
WRAPPING UP

80,000h



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