

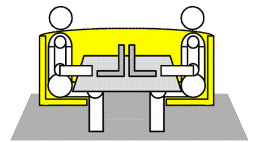
# Non-assigned private rooms for concentrated work: An effective stress management solution?

PhD candidate: Jan Gerard Hoendervanger  
Supervisors: Nico W. Van Yperen, Mark P. Mobach  
University of Groningen / Hanze University of Applied Sciences

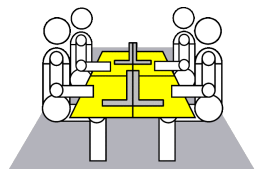
In **activity-based work environments** different types of workplaces can be used for different types of work. For concentrated work, **non-assigned private rooms** are provided, to be used on an as-need basis. In this experience sampling study only 17% of the concentrated work was carried out in these private rooms, despite the **dissatisfaction** that was reported when other types of workplaces were used.



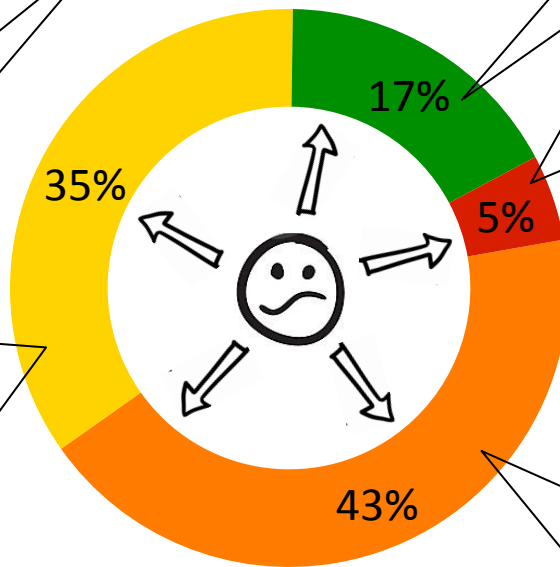
Private room  
1% dissatisfaction



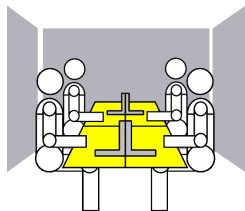
Lounge workplace  
90% dissatisfaction



Open office  
52% dissatisfaction



What keeps workers from using non-assigned private rooms for concentrated work?



Shared office  
20% dissatisfaction

114 participants, provided 3,480 measurements (activity type, workplace type and workplace satisfaction), using a **mobile app** plus questionnaire data regarding psychological and job characteristics

- **53%** of all work was regarded as **concentrated work** (twice as much as previously assumed)
- Overall **workplace dissatisfaction** for concentrated work: **34%** (accounting for 81% of total workplace dissatisfaction)
- People high in **need for privacy** reported more dissatisfaction
- **Switching** to a different type of workplace occurred in **21%** of the measurements.



university of  
 groningen



Hanze  
University of Applied Sciences  
Groningen

