

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

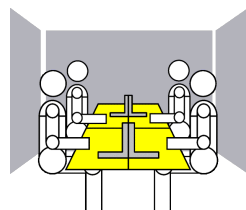
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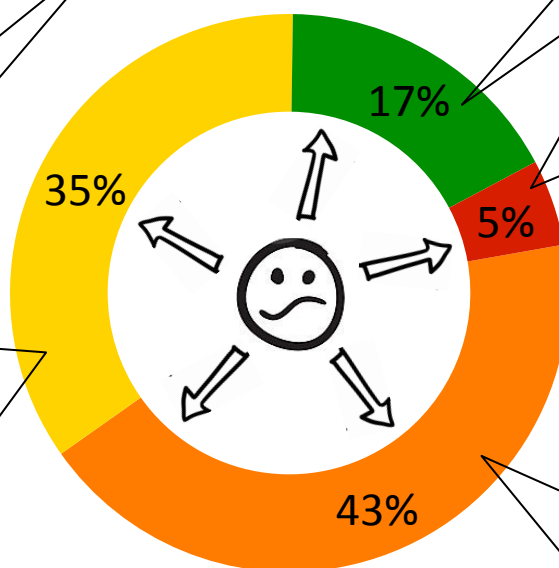
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In **activity-based work environments** different types of workplaces can be used for different types of work. For **concentrated work**, **non-assigned private rooms** are provided, to be used on an **as-need basis**. In this experience sampling study 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.

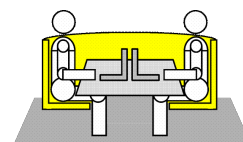
What keeps workers from using non-assigned private rooms for concentrated work?



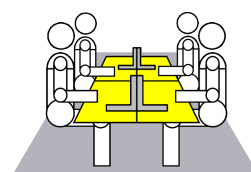
Shared office  
20% dissatisfaction



Private room  
1% dissatisfaction



Lounge workplace  
90% dissatisfaction



Open office  
52% 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



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- **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.