Addressing the Problem of Stress in Practical Environment

Stress@Work
Optimizing workload by balancing stress and energy levels

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The impact of stress

WHO: By 2020 the top five diseases will be stress related
USA: health care expenditures are 50% greater for workers with high levels of stress
NL: direct costs of stress: €4,000,000,000 a year; 150,000–300,000 employees become ill because of stress at work; 1 out of 7 disabled gets his condition because of stress at work.

It’s better to prevent than to cure!

Our goal

Measure: unobtrusive device to measure physiological signs of stress
Understand: stress pattern discovery, visual interactive analytics, predictive modeling
Provide personalized coaching: stress information and stress relief recommendations

Data collection & interpretation

Data cube

Lifelog Explorer

Lifelog Explorer is a platform for interactive visual analytics of stress.

Alignment and analysis

Physiological signs

Studies

• Study with school teachers in cooperation with Human Capital Care and studies atTU/e indicate that the Lifelog Explorer views are informative, useful and even revealing.
• 91%* of the items in views were reflecting the perception of the user.
• 42.5% of the presented views were considered useful to learn from.

* We asked about arbitrary 58% of all the items presented in the views.

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