



# Let's Increase Workplace Productivity!

Che-Yu Liu



# Introduction

- Recently various studies<sup>1</sup> have come out and shown that stress, anxiety, and depression tie very closely to workplace productivity.
  - High turnover
  - Tardiness
  - Work relationships
  - Low quality of work

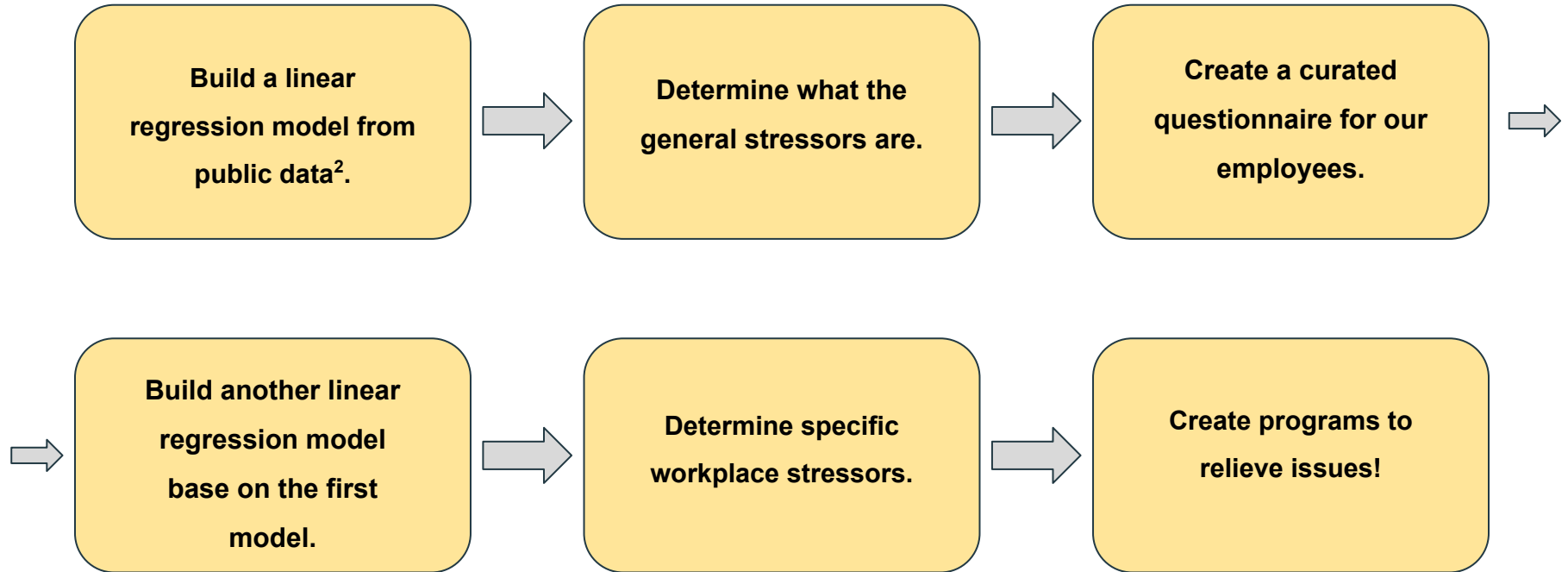


# What Can We Do?

- Understanding the reasons that cause higher than normal levels of stress in the workplace allows:
  - Creation of programs that can help lower stress/anxiety in the workplace.
  - **Increase overall productivity for the company!**

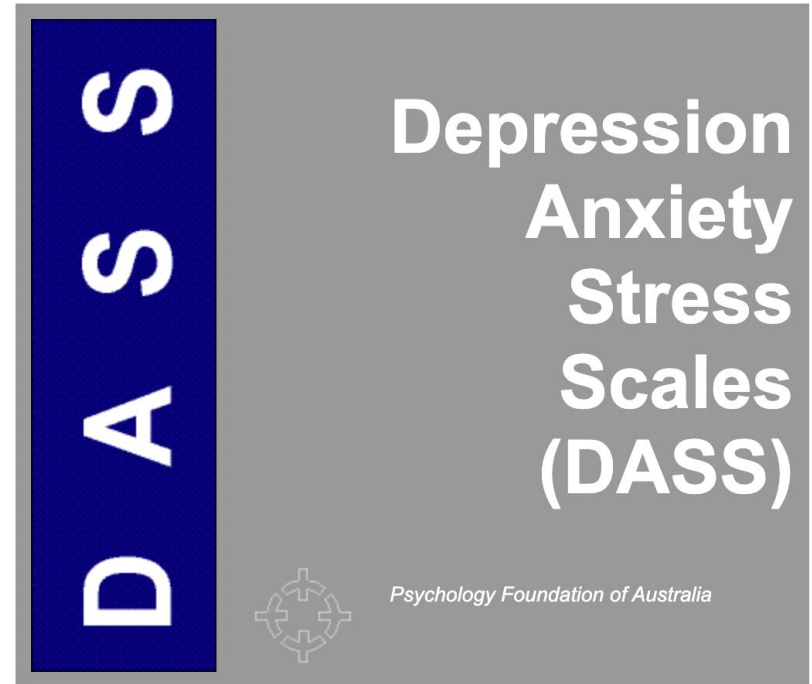


# How?

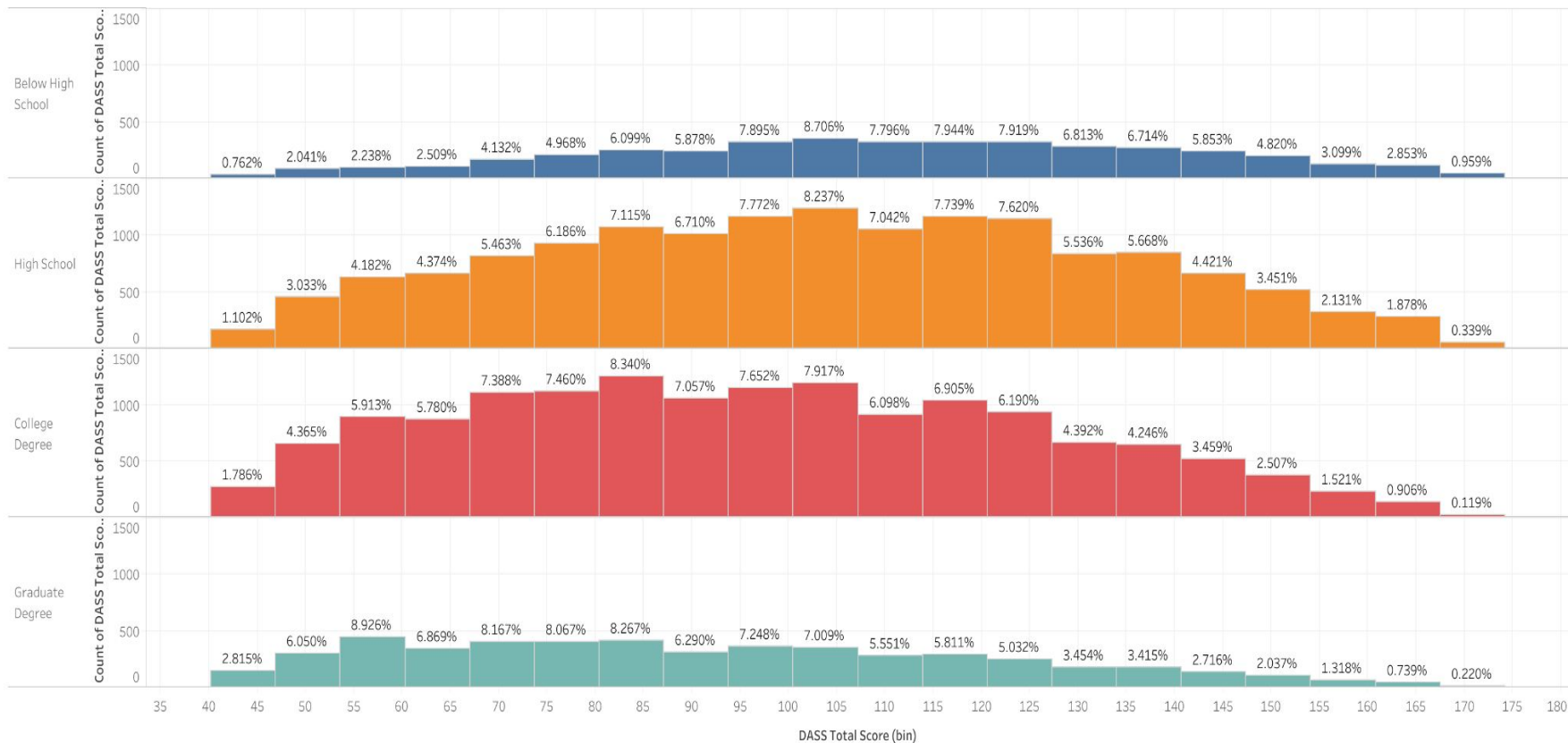


# Data

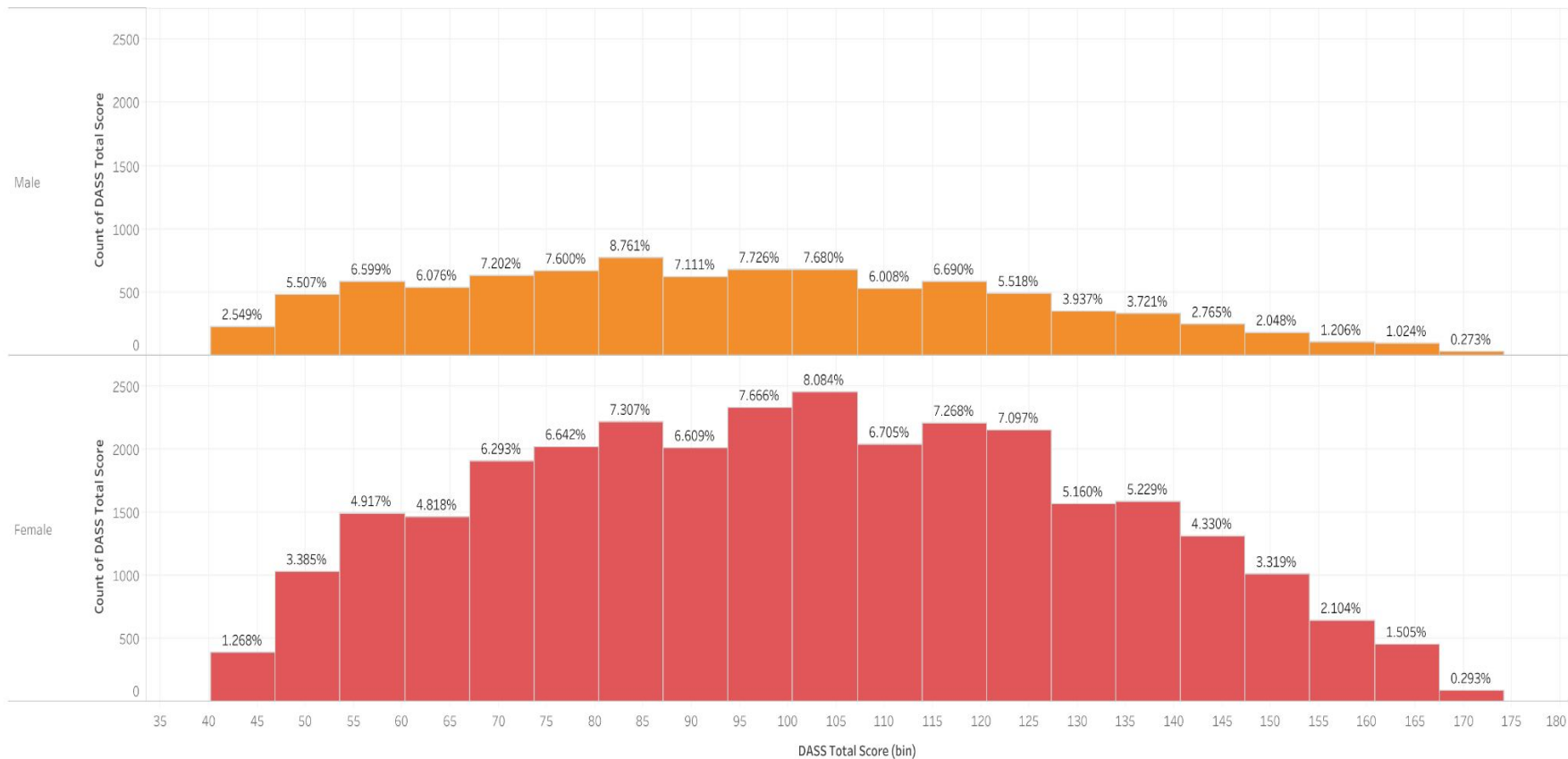
- 39,776 responses from a Depression, Anxiety, Stress Scale Test including:
  - How participants had been feeling in the past few weeks.
  - Aspects about their lives.
- Higher scores = higher levels of stress/anxiety



# Education Level



# Gender Distribution



# Sneak Peak

## OLS Linear Regression Model

- **Coefficients:**

- Gender: 4.089
- Education: -6.503
- Marriage Status: 4.089
- Race: -0.003
- Sexual Orientation: 1.504
- First Language, English: 0.226

- **P-values ( $p < 0.05$ ):**

- Gender: 0
- Education: 0
- Marriage Status: 0
- Race: 0.726
- Sexual Orientation: 0
- First Language, English: 0.607



# Conclusion

- Workplace stress is on the rise due to various socio-economic factors.
- Creation of the suggested programs should decrease workplace stress and increase productivity!



# Appendix

- Bui, T., Zackula, R., Dugan, K., & Ablah, E. (2021). Workplace Stress and Productivity: A Cross-Sectional Study. *Kansas journal of medicine*, 14, 42–45.  
<https://doi.org/10.17161/kjm.vol1413424> <sup>1</sup>
- <http://www2.psy.unsw.edu.au/groups/dass/> <sup>2</sup>
- [https://public.tableau.com/views/DASSScoreEducationLevel/Dashboard2?:language=en-US&:display\\_count=n&:origin=viz\\_share\\_link](https://public.tableau.com/views/DASSScoreEducationLevel/Dashboard2?:language=en-US&:display_count=n&:origin=viz_share_link)
- [https://public.tableau.com/views/DASSScoreGender/Dashboard3?:language=en-US&:display\\_count=n&:origin=viz\\_share\\_link](https://public.tableau.com/views/DASSScoreGender/Dashboard3?:language=en-US&:display_count=n&:origin=viz_share_link)