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Study Finds Nearly Half The Workforce Is Fatigued From Video Calls

Halifax, Nova Scotia, Canada. March 1, 2021 – While working remotely has become commonplace during the pandemic, so has fatigue from video calls, a new study conducted by Virtira Consulting shows.

Virtira's study reveals that 49% of employees experience a high degree of exhaustion from being required or pressured to be on camera during online meetings. The Webcam Survey: Exhausted or Engaged? provides insights from over 1,700 managers and employees about the direct impact that company policies on the use of video during online meetings have on the well-being of employees. The survey also examines whether other factors contribute to the high incidence of reported employee exhaustion.

“As businesses adapt and learn from the remote work experiment, many have implemented policies regarding remote work based on opinion rather than data, causing a negative impact on employees,” says Virtira CEO Cynthia Watson (formerly Cynthia Spraggs). “In my conversations with business leaders throughout the pandemic, the majority said that employees on webcams during meetings increased engagement and productivity, but our study clearly shows it can have the opposite effect.

“With many businesses planning to move towards a fully remote or hybrid/flex model, understanding what policies create productive WFH and office-based employees is going to be critical moving forward – if businesses want to increase productivity and move beyond the pandemic.”

For additional results, visit the survey page [here](#), and to view the full analysis, you can read the report [here](#).

Key findings reveal:

- Over 49% of individuals report being exhausted due to being on webcam during online meetings. Survey results indicate that requiring employees to be on video during meetings may be good for engagement, but not great for productivity.
- Over 65% responded that being on camera is best used for team engagement and connection, however, only 11% reported that the camera was used for team engagement purposes.



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- Over 60% reported that the number of meetings they attend has increased significantly since the pandemic. Most say that the ad-hoc chats they had at the office have been replaced by formal meetings, which indicates that many are not using collaboration tools for informal updates.
- Looking at personality types, 58% who identified as “introverts” reported that being on camera made them exhausted, while 40% of “extroverts” indicated this.
- Over 25% reported feeling peer pressure to turn on their cameras even if this was not a requirement.

About Virtira

[Virtira Consulting](#) provides advisory and professional services to some of the world’s largest companies to increase remote team productivity. Virtira restructures how remote teams meet, collaborate, and communicate in order to drive results, with an emphasis on enterprise sales, operations, and marketing.



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