

Zoom Fatigue



Is There Anything We Can Do About It?

What The Research Says

- There are recent studies and I'm going to be referring to one
- Jeremy Bailenson, Stanford University
- Cognitive Psychologist and founder of Virtual Human Interaction Lab
- His paper suggests that there are four factors at play

What The Research Says

- Excessive Eye Gaze Can Be Intense
- The Cognitive Load Can Be Exhausting
- Continual Self Evaluation is Stressful
- Physical Constraints Tire Us Out

What To Do?

- Consider Turning Off Your Video
- Reduce The Size of Your Zoom Window
- Try Using Gallery View
- Consider Hiding Self View
- Give Yourself More Space

How Do You Compare?

- Bailenson has developed a Zoom Exhaustion & Fatigue (ZEF) Scale
- If you would like to add to the body of research, there is a short survey

https://stanforduniversity.qualtrics.com/jfe/form/SV_5w2JruIAQzOgiTI