Written by Bob Snyder
18 May 2016

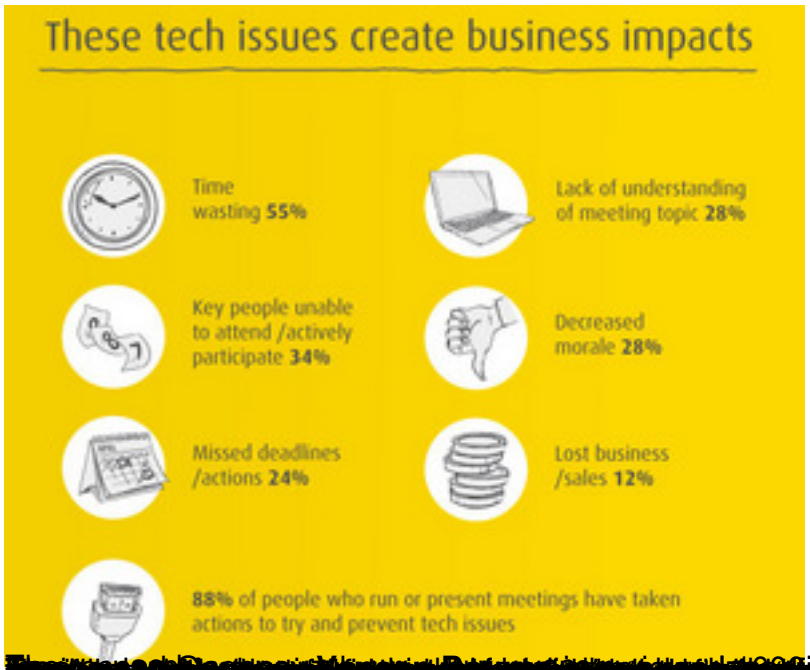


We all know it's true, but exactly **how much stress is there regarding the technology in the meeting room?** And how much does it cost a company?

Barco puts their finger on it: 9 in 10 office workers experience technology-related stress in meetings. More importantly, 12% report their meeting room technology struggles actually lost business for their employer.

Barco research shows people's heart rates reached 179bpm when struggling with technology during a meeting (resting heart rates are around 60-100 bpm). Barco had **Mind Lab** looking at people's reaction to technology going wrong in meetings. 27 participants took part in the study, all of whom work in offices, holding meetings and giving presentations at least once a month.

Participants were connected to equipment measuring their electrodermal activity and heart rate. They were given two presentation scenarios – one in which the technology was set up with a Barco Clickshare device to work seamlessly, and one in which they had to set up technical aspects themselves. Their stress levels were recorded during both sessions and compared.



Barco Studies Tech Stress in Offices