

Excessive occupational sitting and mental health in young people: What is the extent of the problem and how can we address it?

Aaron Kandola, Jessica Rees, Brendon Stubbs, David W Dunstan, Genevieve N Healy, Joseph F Hayes



The average office worker sits for over 9 hours per day



Increased risk of depression and anxiety



Reduced productivity

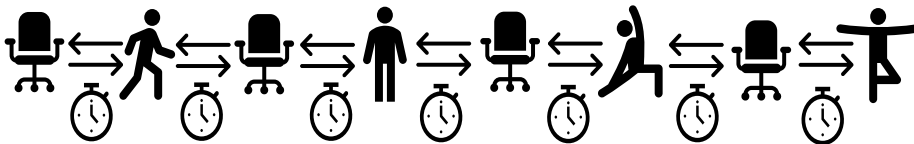


Poorer cognitive performance



Long-term physical health consequences

Break up prolonged sitting with light activity



3,301 reviews of interventions screened



19 reviews of 252 studies included

Effective approaches reduce sitting by 1 hour per day



May lower depression symptoms by 10% and anxiety by 15%



Combine dynamic workstations with:



Standing meetings, movement breaks



Goal setting, self-monitoring



Regulate screen use, movement break policies

Successful implementation may depend on:

Standing or moving perceived as unproductive or unusual at work ❌

Dynamic, flexible working culture ✅

Strong organisational support and leadership ✅

Collective action from policymakers, employers, and employees can create healthier and more dynamic work environments