

Scientists explain video-conferencing fatigue (27th February, 2021)

Put the words you hear into the spaces in the paragraph below.

A new study from Stanford University has investigated the (1) _____ on our health of extended spells of videoconferencing. Researcher and communications (2) _____ Jeremy Bailenson dubbed the phenomenon "Zoom (3) _____," but acknowledged the condition is not restricted to just that (4) _____. In the past year, most of us have spent (5) _____ periods of time online using an array of videoconferencing (6) _____. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have been the only (7) _____ we have been able to see and chat to loved ones. Many companies have relied (8) _____ on videoconferencing for meetings, and educators have used them to teach their lessons online.

Mr Bailenson (9) _____ several factors that make videoconferencing so fatigue-inducing. He said it is not just tiredness and eye-strain from (10) _____ at a computer screen for hours and hours. It is also brought about by "(11) _____ overload" and feeling pressure to be perpetually switched on. We (12) _____ feel we need to be in touch with friends or available for bosses, customers or students. Bailenson cautioned this leads to (13) _____ and stress and can (14) _____ your chance of developing moderate to severe depression. He said this (15) _____ can adversely affect your self-confidence. This is because of the large number of faces (16) _____ at you in meetings. Bailenson likens this to the stresses of public speaking.