



香港大學民意研究計劃  
The University of Hong Kong  
Public Opinion Programme



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# Research Findings

## White- collars' Mental Well-being at work

### 11 August 2003

# Outline

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- Contact information
- White- collars' Mental Well-being at Work
- White-collars' ways to boost mental energy
- White-collars' understanding of the main function of glucose

# Contact Information

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Interview date:	17-21 July 2003
Target respondents:	Local Cantonese-speaking white collars* aged between 18 and 35
Method:	Telephone survey with interviewers
No. of cases:	515
% of respondents:	77.1%
Sampling error:	Less than 2.2%

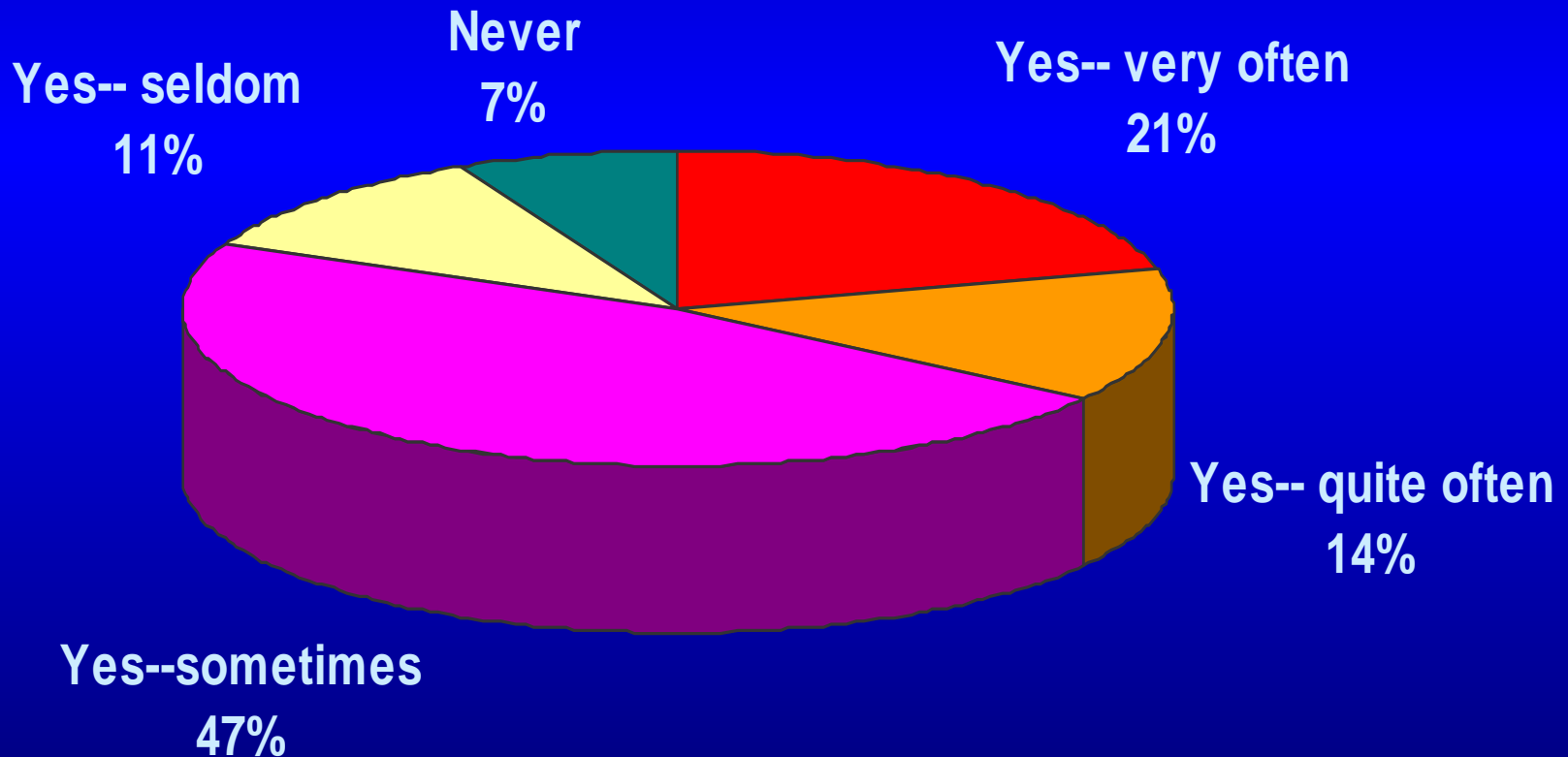
**\*White collars include professionals & semi-professionals, managers and executives, clerks, service workers/shop sales workers and business owners**

# **White- collars' Mental Well-being at Work**

# Respondents' Experience of Mental Tiredness at Work

Base = 515

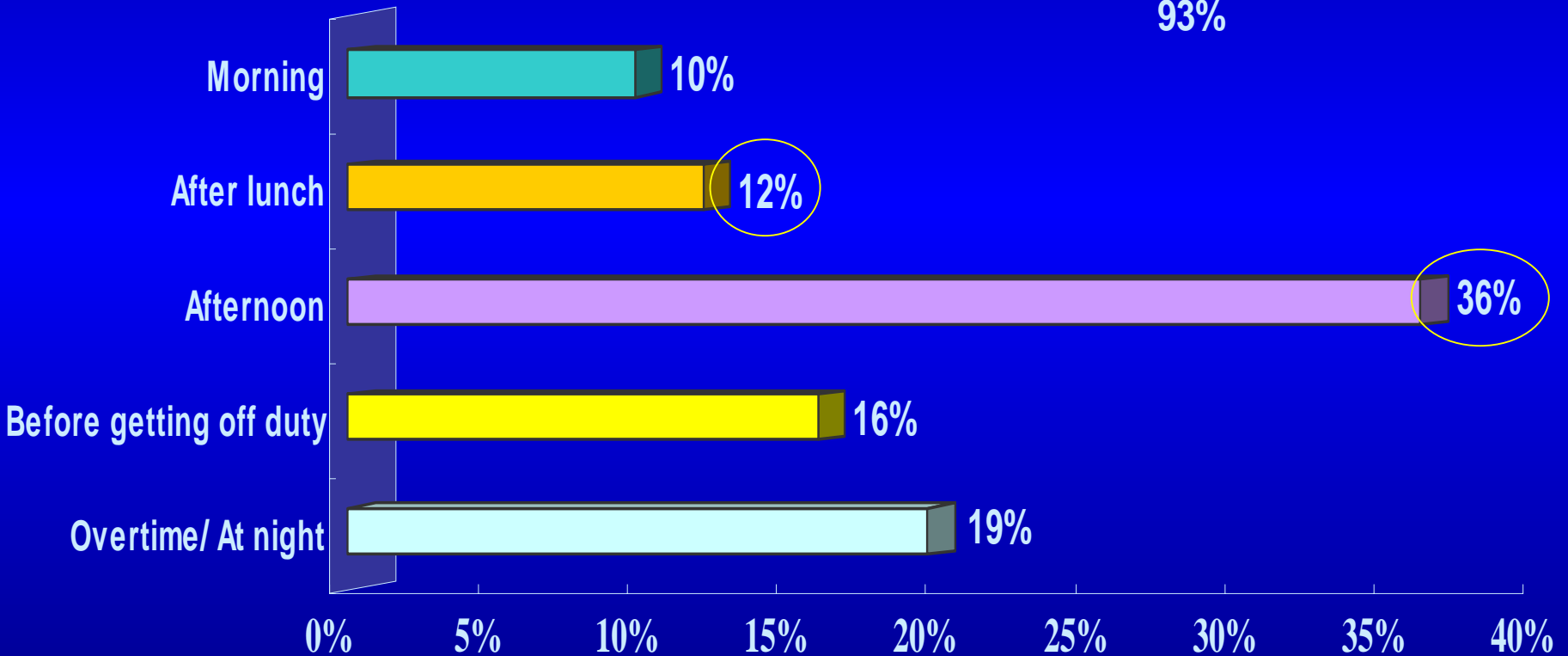
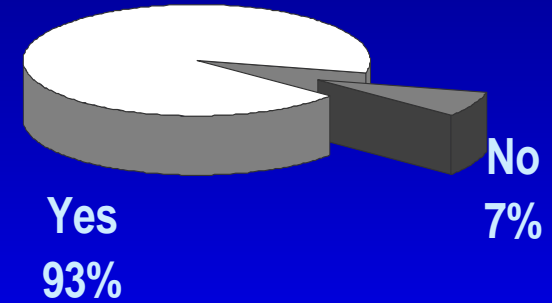
Yes	93%
No	7%
Total:	100%



# Experience Mental Tiredness- When?

(% of sub-sample)

Base = 479

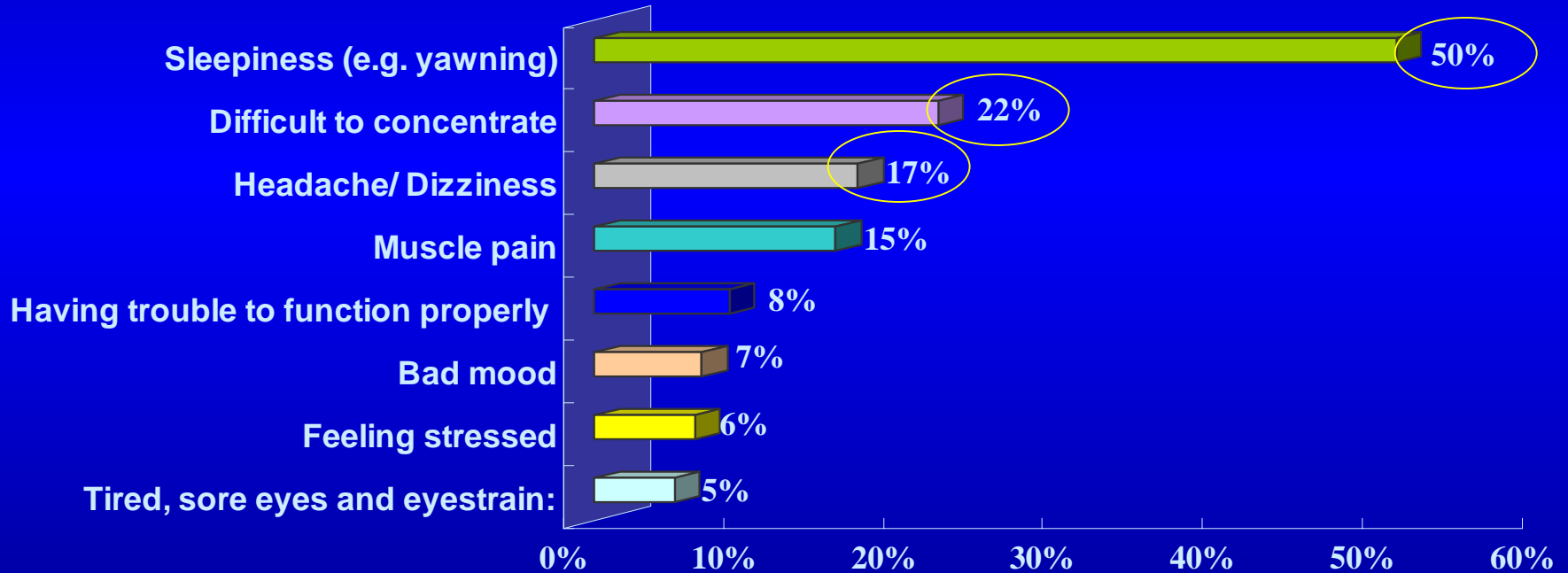
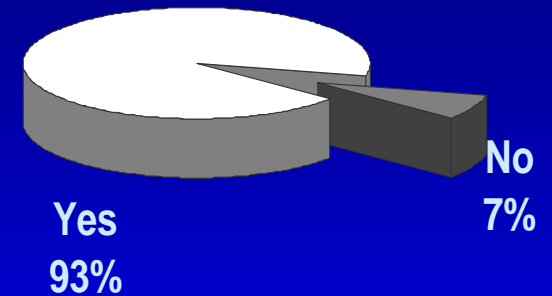


\*Items of less than 5% are not listed

# Feelings during Mental Tiredness

(% of sub-sample)

Base = 479

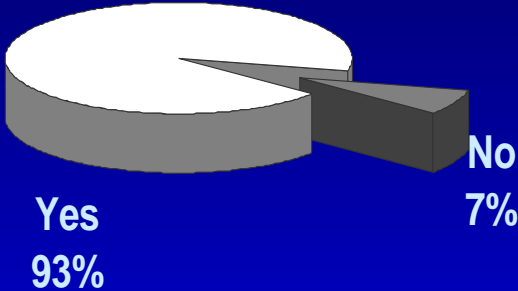


\* Items of less than 5% are not listed

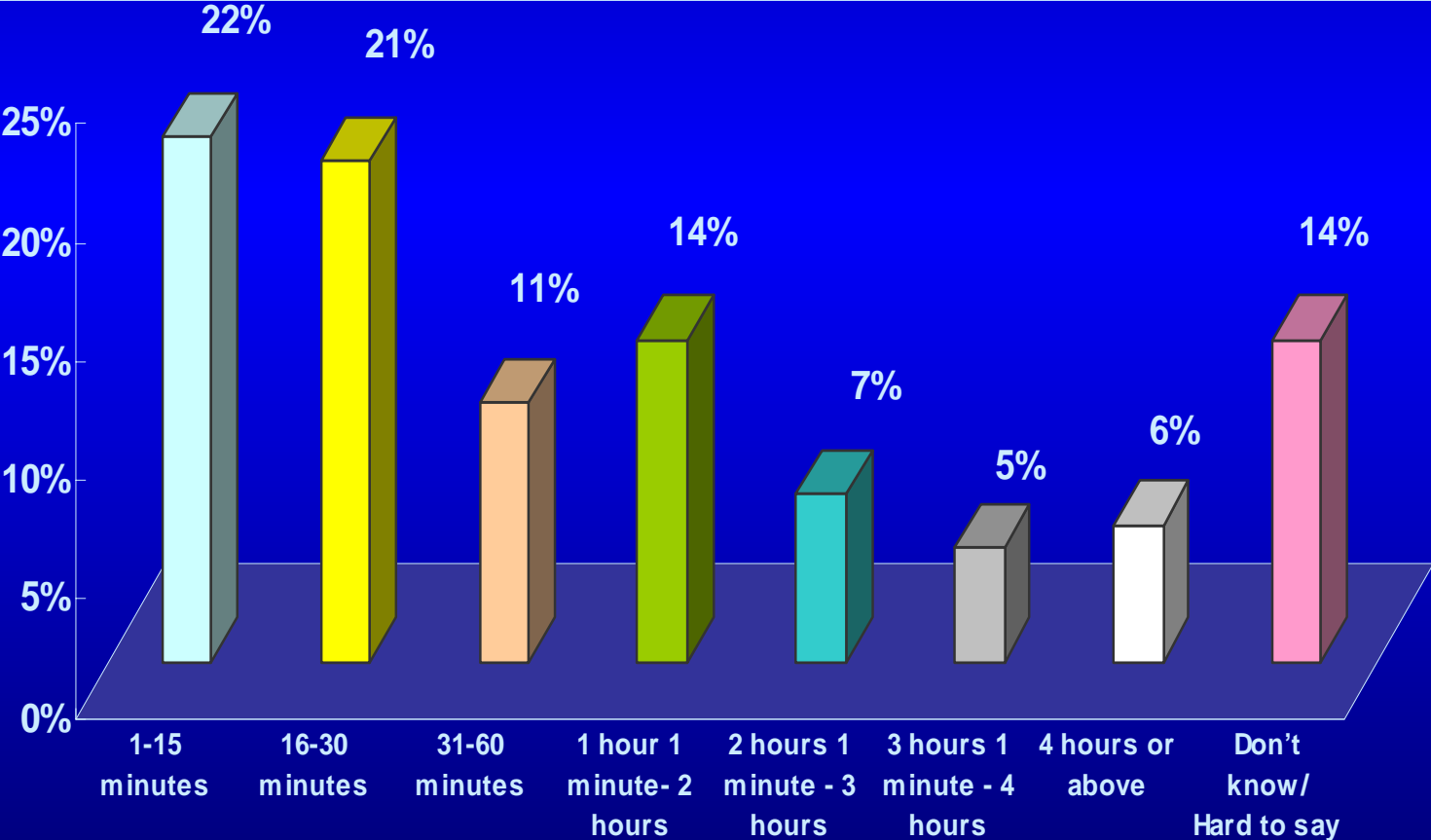
# Duration of Respondents' Mental Tiredness

(% of sub-sample)

Base = 479



Average : 1 hour 53 minutes      Standard error : 11 minutes      Median : 30 minutes



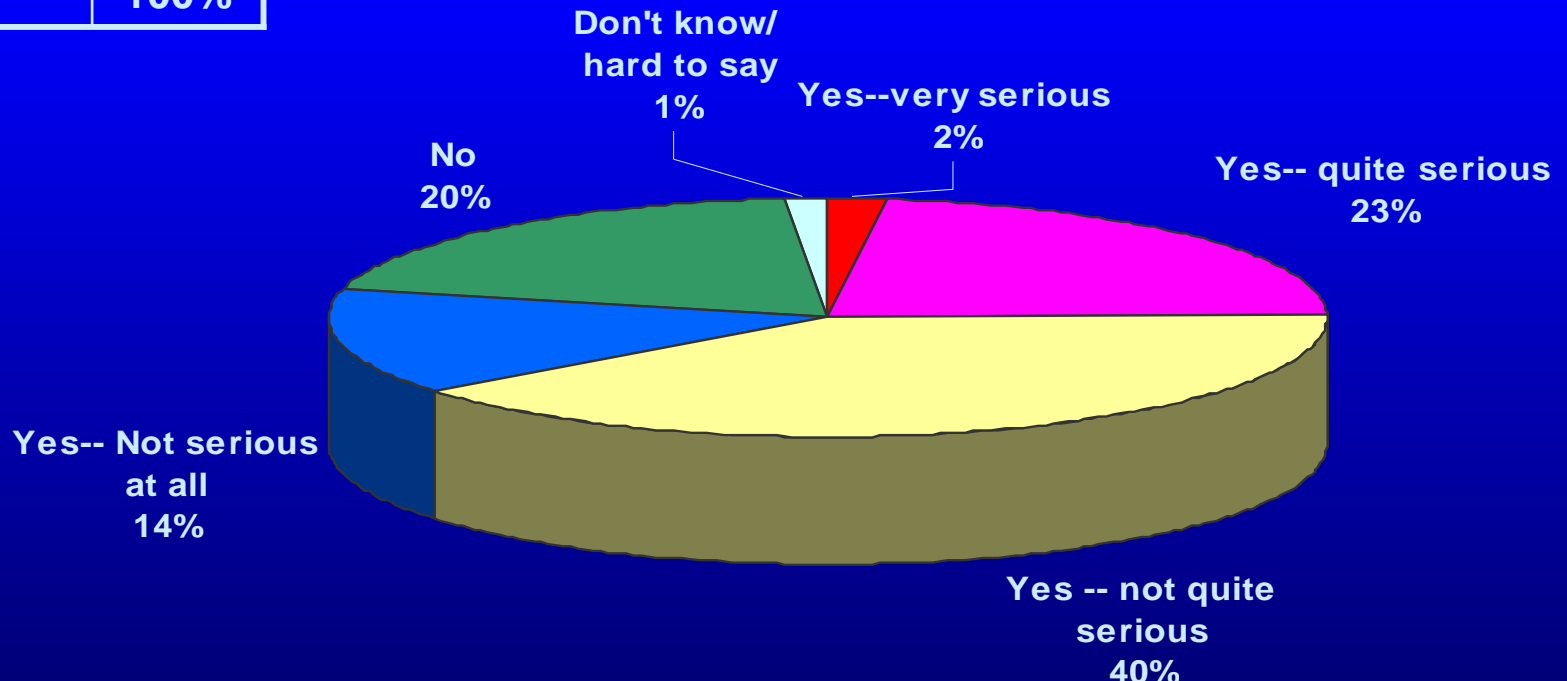
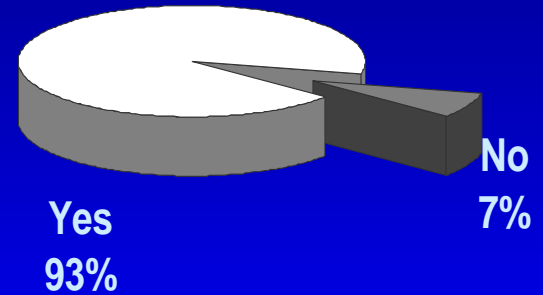


# Negative Impact on Respondents' Overall Work performance Due to Mental Tiredness

(% of sub-sample)

Base = 479

Yes	79%
No	20%
Don't know/ Hard to say	1%
<b>Total</b>	<b>100%</b>

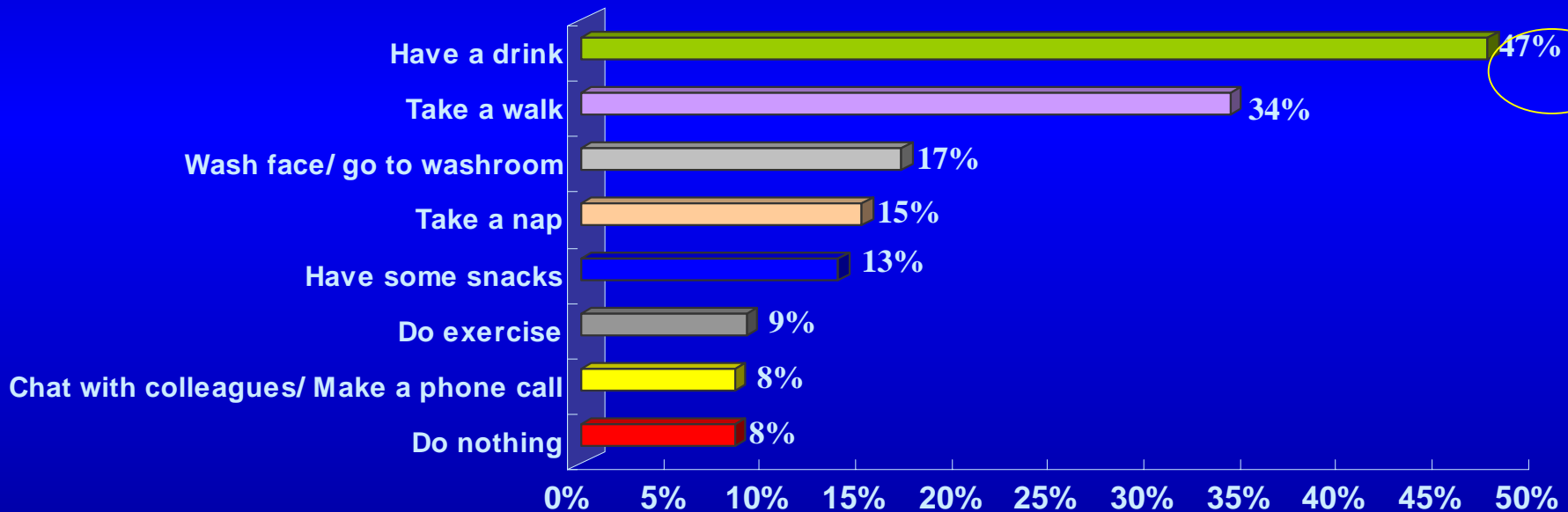
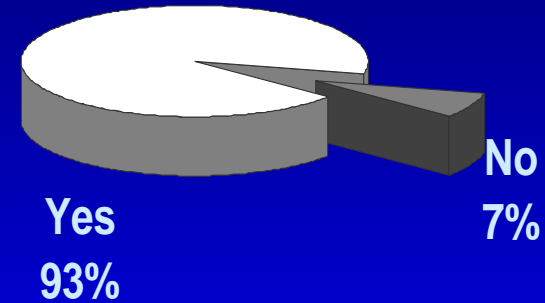


# **White-collar's' Ways to Boost Mental Energy**

# Ways to Boost Mental Energy during Mental Tiredness at Work

(% of sub-sample)

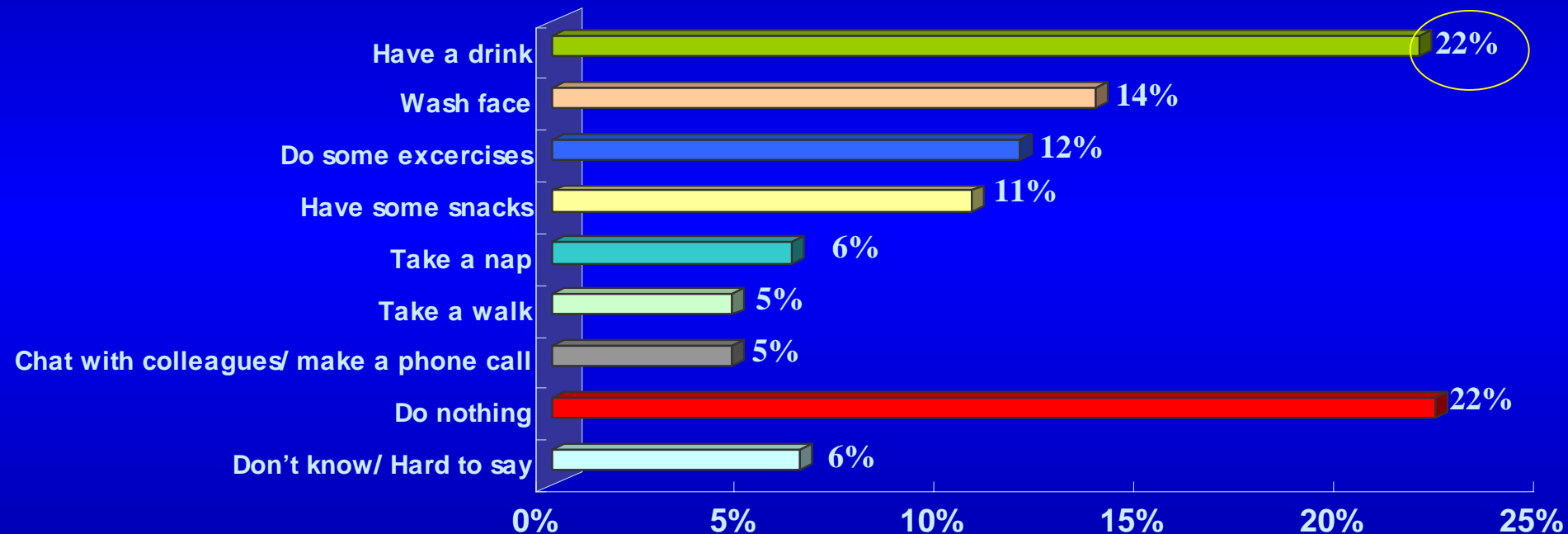
Base= 479



\* Items of less than 5% are not listed

# Ways to Further Boost Mental Energy Even When They Are Not Experiencing Any Mental Tiredness at Work

Base = 515

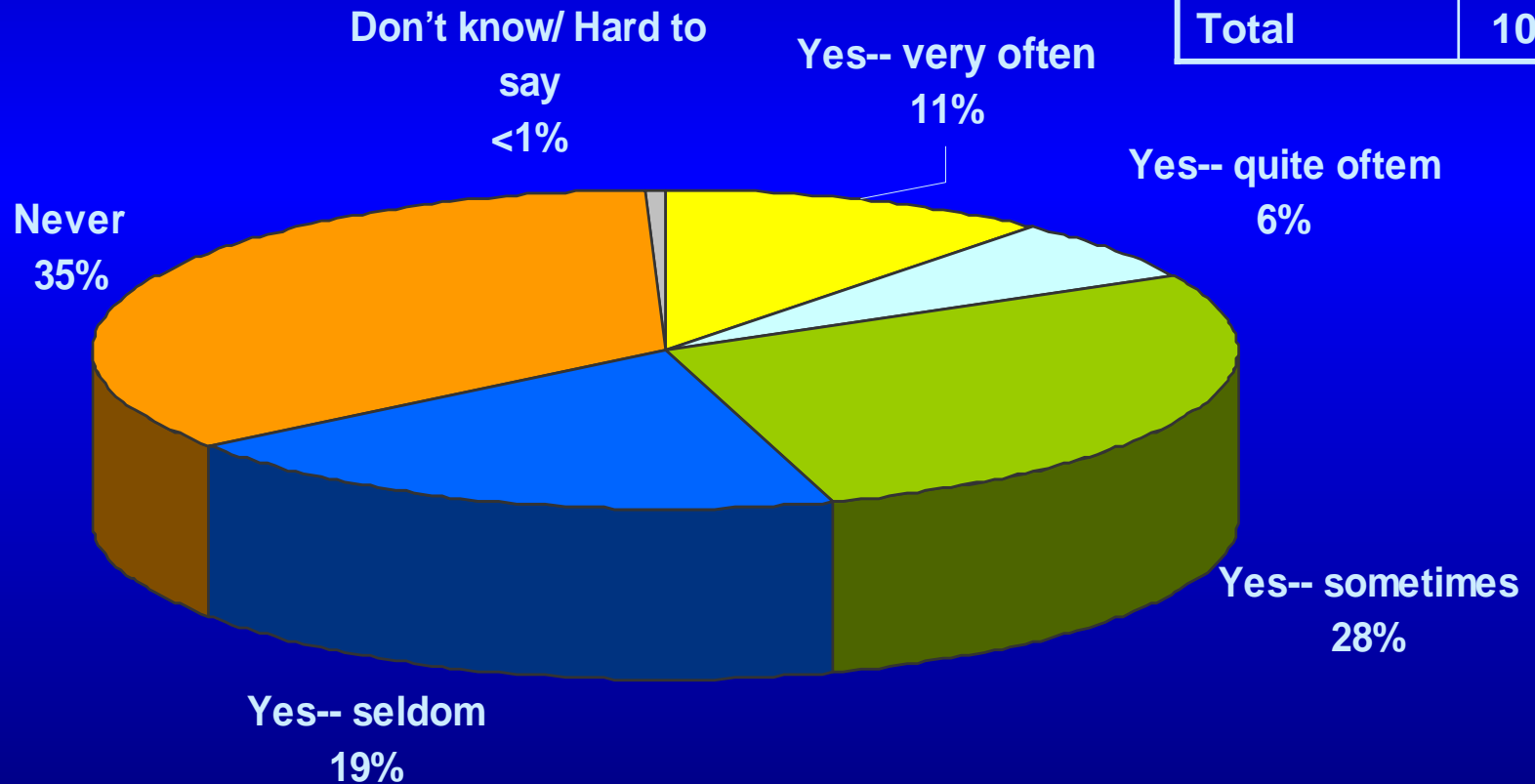


\* Items of less than 5% are not listed

# Consuming Snacks to Recharge themselves at Work

Base = 515

Yes	65%
No	35%
Don't know/ hard to say	<1%
Total	100%

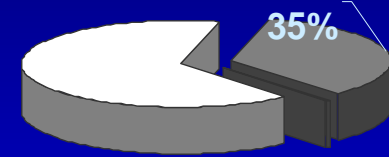


# Choices of Food to Recharge themselves

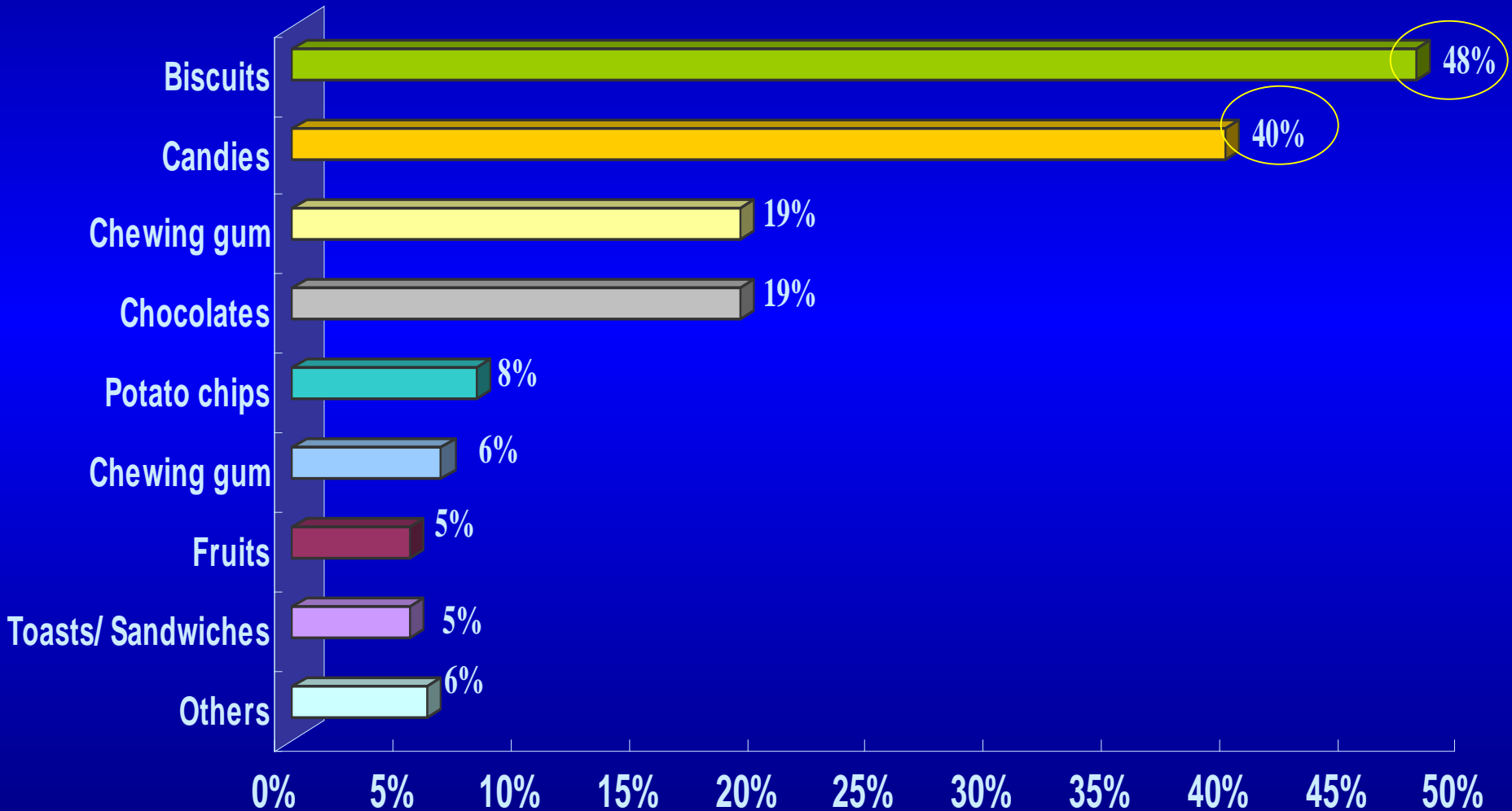
(% of sub-sample)

Base = 332

Yes  
65%



No  
35%  
Don't know/  
Hard to say  
<1%

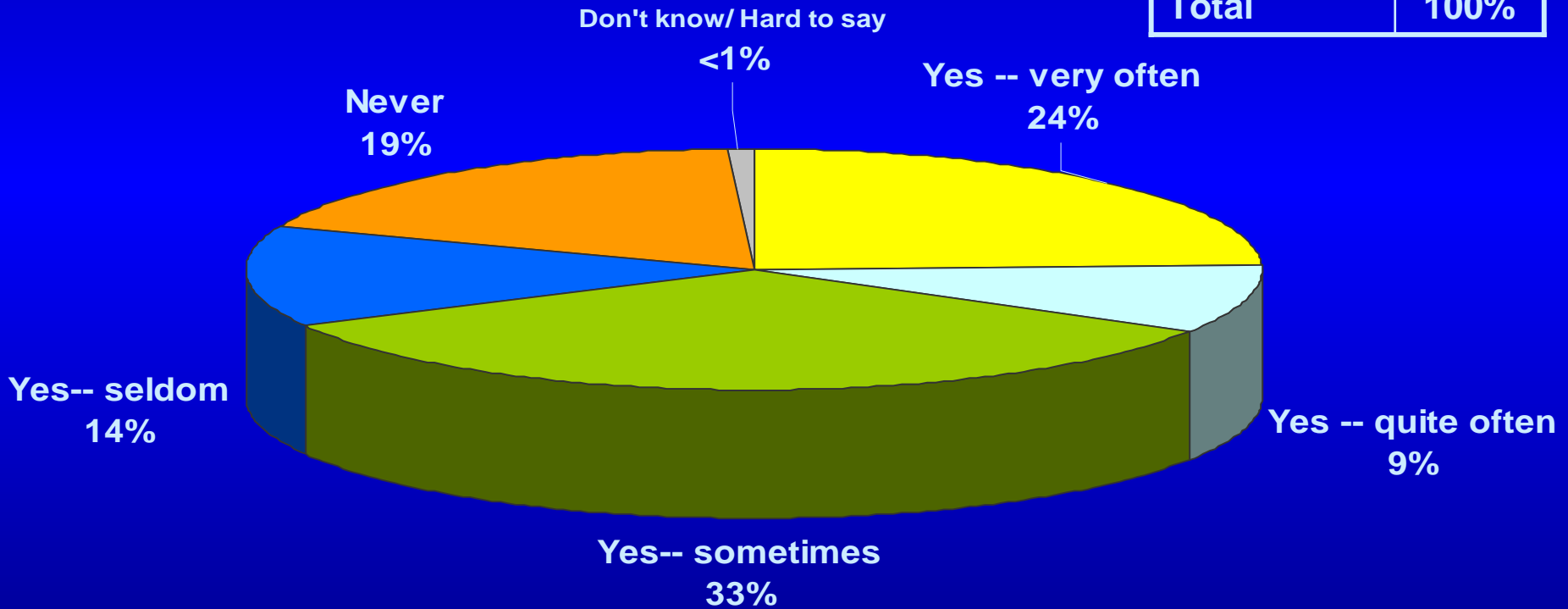


\*Items of less than 5% are not listed

# Consuming Drinks to Recharge themselves

Base = 515

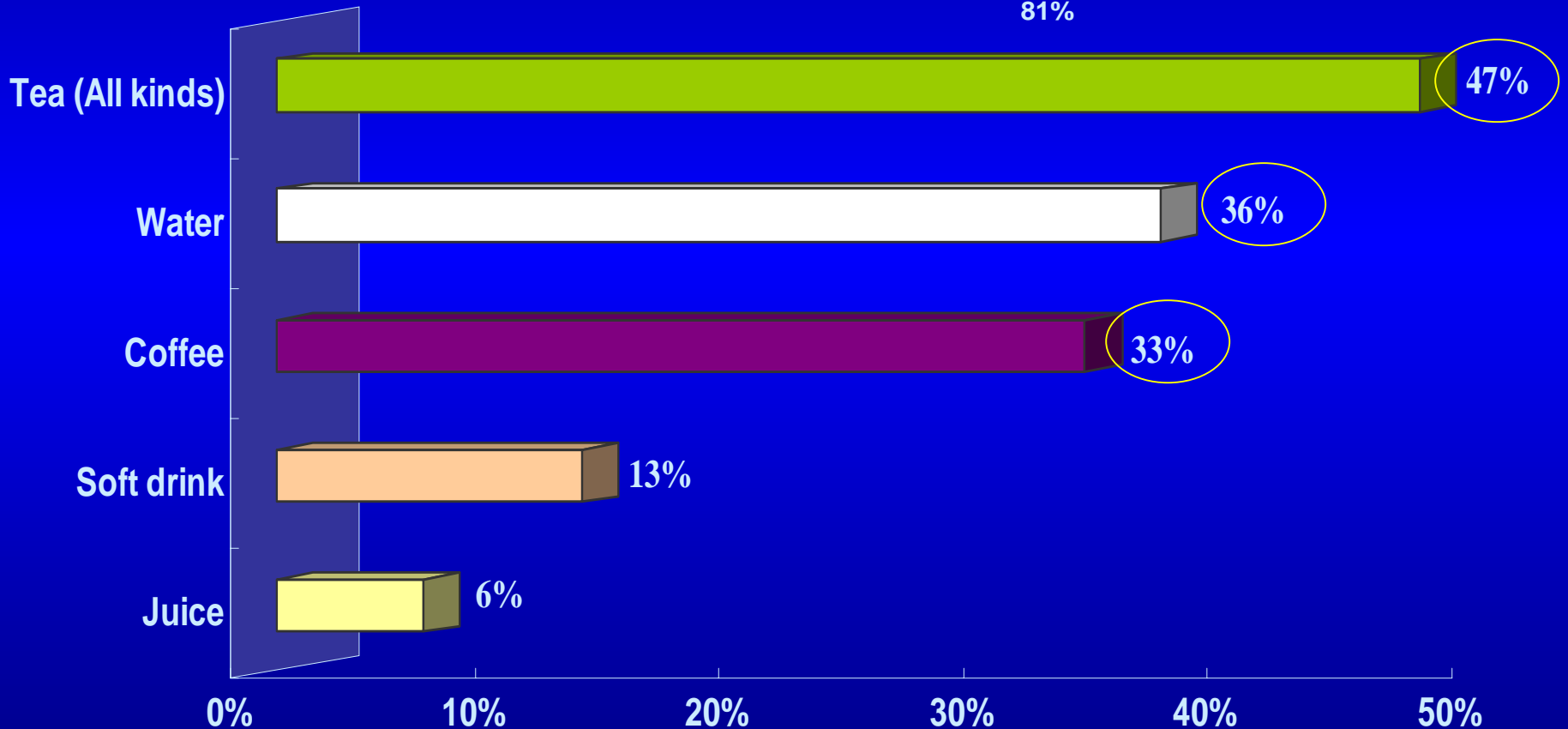
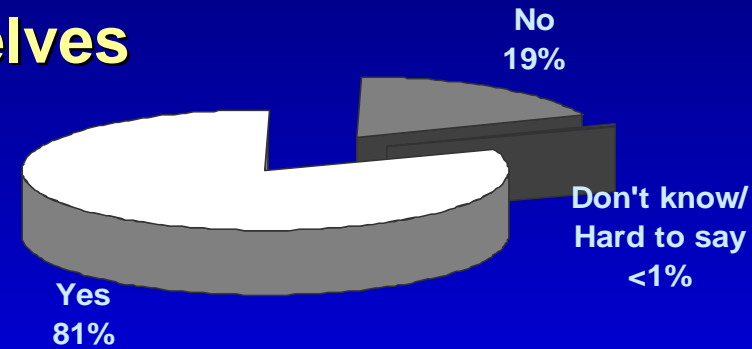
Yes	81%
No	19%
Don't know/ Hard to say	<1%
Total	100%



# Types of Drinks to Recharge themselves

(% of sub-sample)

Base = 417



\*Items of less than 5% are not listed



# **White-collars' Understanding of the Main Functions of Glucose**

# Understanding of Substances that are Essential of Maintaining their Normal Mental Energy

Base = 515

	No. of Times	% of the Total Responses	% of the Total Sample
Caffeine	219	40%	43%
Glucose	20	4%	4%
Carbohydrates	12	2%	2%
Substances in tea	10	2%	2%
Vitamins	7	1%	1%
Sugar	5	1%	1%
Protein	2	<1%	<1%
Others	28	5%	5%
Don't know	246	45%	48%
<b>Total</b>	<b>549</b>	<b>100%</b>	

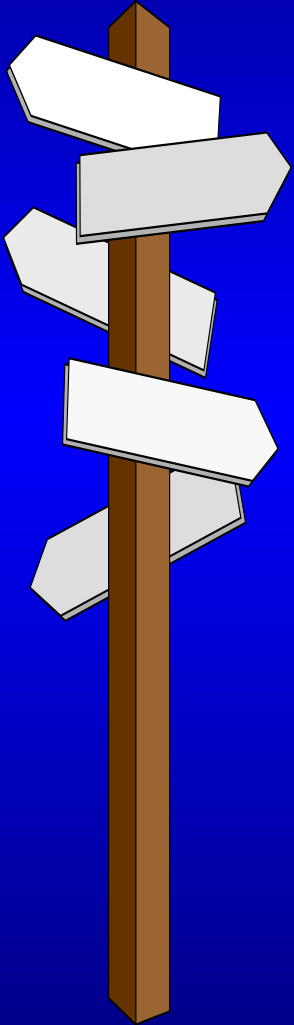
# Understanding of the Main Functions of Glucose

Base = 515

	No. of Times	% of the Total Responses	% of the Total Sample
Recuperate body energy after exercise	114	21%	22%
Provide energy source for all brain functions	82	15%	16%
Body building and maintenance	37	7%	7%
Nutritional supplements for hospitalized patients	17	3%	3%
Provide sugar	14	3%	3%
Others	12	2%	2%
Don't know/ Hard to say	270	50%	52%
<b>Total</b>	<b>546</b>	<b>100%</b>	

# Conclusion

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- More than **90%** had experienced mental tiredness at work before
- Most often this happened in the afternoon
- The median of the duration of tiredness was **30 minutes**.
- **50%** revealed that sleepiness was the most common symptom
- **65%** had consumed snacks in order to recharge themselves and they usually ate biscuits .
- More than **80%** had consumed drinks to recharge themselves and most of them preferred tea.
- Nearly **50%** did not know what substances in their food were essential for maintaining their normal mental energy
- **More than 50%** of them could not name any of the main functions of glucose to their brain and bodies.

**THE END**

**For a more detailed report, please go to  
<http://hkupop.hku.hk>**