

Welbot has been working with leading UK universities to develop a health intervention platform for the workplace. The ultimate aim of this collaboration is to create a digital intervention that is evidence-based and uniquely tailored to each individual user.

The Physical Activity for Health team at the University of Strathclyde has been involved in developing physical and mental health content for the Welbot product. Researchers in the team conducted a study in 2019 exploring the effect of the Welbot digital intervention on sedentary behaviour and mental wellbeing. The study involved 41 participants, using Welbot for two weeks following one week of baseline setting.

The results of the study showed that after using Welbot, **participants experienced significant improvements to their mental health**. Scores on the Depression, Anxiety and Stress scale showed “significant changes with a decrease in the total DASS score and depression, anxiety and stress subscales.” This is crucial given the significant levels of psychological difficulties in the current working population. There is growing evidence linking workplace performance and productivity with mental and physical health issues among employees.

Participants in the University of Strathclyde study were encouraged to take breaks, to get up from their seats, to stretch, to drink water and were asked how they were feeling every day. After using Welbot, participants in the study reported that they had a positive behaviour change. They also reported an **increased awareness of unhealthy behaviours at work**. The findings of the study indicate that Welbot’s positive effect on mental wellbeing may rest in its all encompassing approach to behaviour change in the workplace. Health education and awareness is a key aspect of the Welbot intervention and is pivotal in interpreting its ability to affect positive behaviour change.

In addition to significant improvements in mental wellbeing scores, participants perceived **significantly less time sitting and more time standing after using Welbot**. This is an important factor in understanding Welbot’s positive influence on mental wellbeing, as research has shown that prolonged occupational sitting is associated with higher levels of psychological distress.

The Strathclyde study asserts that it is clear that Welbot, as a digital intervention, can enhance mental wellbeing in the workplace. It concludes that its findings support the use of the Welbot digital intervention as a practical way to improve employees’ physical and mental wellbeing at work.

Read the full paper here: [https://welbot.io/research/Strathclyde\\_University-Welbot\\_Research\\_Paper.pdf](https://welbot.io/research/Strathclyde_University-Welbot_Research_Paper.pdf)